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Bhaiṣajya Ratnāvalī

of

Govinda Dasji Bhiṣagratna

English Translation

by

Dr. Ranjiv Lochan

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विषय संख्या _____ आगत नं० _____

लेखक Mishra, Bhisagratna

शीर्षक Bhaisajyaratnavali

दिनांक	सदस्य संख्या	दिनांक	सदस्य संख्या

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कृपया पुस्तक के ऊपर कोई निशान आदि
न लगायें।

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Bhaiṣajyaratnāvalī

Volume - I

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THE
CHAUKHAMBHA SANSKRIT BHAWAN SERIES
67

BHAIṢAJYARATNĀVALĪ

OF

SHRI GOVINDA DASJI

Volume - I

Edited and Enlarged by
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Dedicated to
Shri Kamaleshwari Prasadji

(1924-1994)

If India is progressing in the field of science and learning, it is mainly due to small-town personalities like you who promote the cause of education and spark dedication to Ma Sarasvati among otherwise unprivileged students.

- Remembering your lotus feet:

- kanjiv lochan

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Preface and Acknowledgements

Translating *Bhaiṣajya Ratnāvalī* is a matter of satisfaction on certain important counts. First, it brings to the access of wider English-knowing people the biggest work on Ayurveda formulary for the first time. Second, since the oldness of the work is proved this translation would authenticate India's demand to nullify the claims for the patents of non-original pharmaceutical 'inventions' involving our herbal heritage. [The World International Patent Office of USA and the European Union Patent Office at Munich often claimed lack of the translated version of such works of formulary with well-established date of its original circulation in the public domain. Even though the texts such as the *Charaka Samhitā* are old by centuries, we do not have an authenticated date of their original publication. Moreover, they are not presented in shape of a formulary. On the other hand, the work in context has been composed as a formulary and the British librarians who were in helms those days recorded it in the accession list of the National Library, Calcutta way back in 1920s. Thus the publication easily qualifies to check the efforts of non-original pharmaceutical inventions' patent. And, it covers more than 1000 herbal and herbo-mineral products of the country.]

On personal level, the work as well as me, the translator of the formulary, is heavily indebted to Dr. Anand Choudhary of Jamnagar. He has gone through the manuscript word by word and has suggested significant changes. He humbly states that his contribution to the production is as less as the salt in a pulse-soup. But, one can imagine the taste of a soup having no salt. Even though all the shortcomings of the output are my sole responsibility, the work might have been still poorer without the support so kindly rendered by Dr. Choudhary. I express my gratitude to him, to his wife and to his son Anusatya (As Dr Saab took up the job at a very short notice, his family faced the lack of his involvements in *puja* celebrations of the year).

Kind involvement of Dr. Prabhakar Rao of Delhi is also remembered, with gratitude.

As a matter of fact, the translation work extended for more than two full years. In course of this duration, as chance would have it, I witnessed a great upheaval in life. This has definitely impacted the work. So I must take this opportunity to acknowledge with sincerity all those who stood by me when I needed mental and material support, and badly so. In this sense, the first name occurs, very deservingly, of Ruchika Ratna. It was this young lady, who emptied her purse (containing her first salary) to see that I had a proper treatment and rehab when, due to mental tension (as carrying the heavy load of the manuscript of the present work, I wandered through various Ayurveda universities and colleges, and failed to find a zealous reviewer for the same), I neared a stage of brain hemorrhage. Her brother Rachit Raj, who rushed from Pune to attend on me at the Sujivan Hospital of Ahmedabad is also remembered. The siblings regard me as their guardian and

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as such, technically, I cannot thank them. Nevertheless, I bless them and wish that the world know that even in this era, there are young children who care and serve individuals beyond the ambit of blood relationship, out of mutual understanding.

The encouraging phone calls received by me at the hospital from my brothers messers Rajiva, Sajiv, Chiranjiv and Amarjiva Lochan, Kumara and by my sisters Anjali (and her husband Shri Manoj Kr. Lal) and Palu, by Mika (who called from Japan), wife of my younger brother helped me to recruit my health so that I could finish the work. The wonderful treatment I received on part of Dr. Ashvin Dhabi of Sujivan Hospital is also remembered. Dr. Dabhi is, to me and as I could witness it, to my co-patients, an incarnation of the celestial physician Aśvin Kumāra. He is not money-minded, and he got me admitted to his hospital, knowing it well that I did not have enough money to pay the required fee. May god bless him with a long and active life.

I remember with gratitude the help of our family friend Shri Vijay Ambastha and his wife Nishaji (alias Beenaji) of Giridih, Jharkhand.

I also acknowledge the great support of Sukka Shekar Rao of Srikakulam (Khajuru-Kaviti), Andhra Pradesh. It is he who has composed the most of the manuscript. Shekar's speed and enterprise with the computer, his power to grasp the subject with its technical terminology are simply amazing. Support of Govind, Sanjay, Narayan of Delhi and Amar Shukla of Ahmedabad is also acknowledged. Support of Archna Mathur, Jagu Ranjan Andia, Dharmendra and Prabhat Mishra is also remembered.

Without the help of these individuals the work in your hand could not have got the present shape and would have been further delayed.

We have worked on a number of proof copies of the text. Still, there might have remained typographical and other errors in the work. The kind readers are requested to send suggestions and highlight the shortcomings of the translation so that it could be taken care of in next editions.

Kanjiv Lochan
01 December 2005

Post & Village Udanabad
Distt. Giridih, Jharkhand
India

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Preface and Acknowledgements by the Reviewer

Now-a-days, it is visible that global population is looking very positively towards alternative systems of medicines such as Ayurveda, Unani, Chinese and Tibetan etc. to cure their different kinds of ailments and lifestyle disorders. Ayurveda, being a national system of medicine of India and popular in Southeast Asia has a very important role to play all across world. The reason for this international acceptance of Ayurveda is its holistic approach to the life and its unique dosage which consists of substance of different origins viz. herbal, mineral and animal. The different Ayurvedic classics have described all these very systematically, right from Vedic period to *Samhita* and *Sangraha* period.

Bhaiṣjya Ratnāvalī is a unique classical textbook of Ayurveda emphasizing the *materia-medica* and formulations of Ayurvedic pharmaceutics. In this text, the indicated medicaments of different classics as well as some new formulations are given in all chapters which are addressing an individual disease in each chapter. An unique chronology of the different kinds of Ayurvedic dosage forms to treat a single disease has been followed in each chapter. In the end of every chapter narrations of Pathya-Apathya to be followed in a specific disease is an additional feature of this book.

During the last 20 years there has been a tremendous upsurge in the demand of Ayurvedic formulations at national as well as international level. At the same moment, caution for quality control and standardization of Ayurvedic formulations are urgently needed to be addressed. *Bhaiṣajya Ratnāvalī* may be very helpful to achieve quality and safe Ayurvedic medicines. The English translation of this book is a very right step in a right direction and it will fulfill the demand of researchers, academicians of different sects of science.

Dr. Kanjiv Lochan has translated *Bhaiṣajya Ratnāvalī* in a very systematic and authentic manner. The effort made by him to present this book in this form is highly appreciable. I personally congratulate and salute Dr. Lochan for this very unique piece of work done which is definitely going to be admired by all stake holders of Ayurveda.

I reviewed the translated script of the present work technically and rectified the contents of the translated material and suggested Dr. Lochan to enter changes at places. I did my work carefully but it is sure that there might have been left many unanswered questions in the text due to ongoing debates and the consequent lack of uniformity of opinion among Ayurvedic scholars representing different stream of wisdom of Ayurveda. I do believe in near future the quality control and standardization of Ayurvedic medicines would be addressed more critically.

Being my first work in the main literary society of Ayurveda, I wish to offer my sincere gratitude and indebtedness to my parents Shri L. P. Choudhary and Smt. Nain Tara Choudhary who devoted their entire life to make me and my two sisters

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Pratibha and Preeti what we are at present. How I may forget to express my love and affection to my better-half Smt. Shilpa Choudhary and my son Anusatya Choudhary who suffered all time when ever I am extra ordinarily engaged in performance of my duties to Gujarat Ayurved University, Jamnagar and this kind of academic work.

I wish to express my cordial thankfulness to Mr. Rajendra Gupta and his sons Mr. Ritesh Gupta and Mr. Jitesh Gupta of Chaukhambha Publications, New Delhi for their sincere efforts to make Ayurveda available at global scenario by encouraging English translation of these different classics of Ayurveda. This family is serving cause of Ayurveda very dynamically since last many years. They deserve very special warm congratulations for the same.

In the end, I am thankful to the Prof. S.S. Savrikar, Vice Chancellor of Gujarat Ayurved University, Jamnagar for permitting me to do this work as well as I would like to take this opportunity to express my humble gratefulness to Honorable Prof. S. K. Dikshit of BHU, Varanasi for teaching me *Rasa Shastra* with a different approach.

Any suggestions from the scholars of Ayurveda and others to make this book more useful to them will be highly welcomed. I wish to thank all Ayurvedic and other scholars from whom I learn Ayurveda directly or indirectly through their books and write-ups.

Anand Kumar Choudhary

Sr. Lecturer
Deptt. of Rasa Shastra & Bhaishjya Kalpana
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Gujarat Ayurved University, Jamnagar

1 November, 2005

(Shubh Deepawali)

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A Note on Transliteration

The system of pronunciation of Devanagri script is not very easy to learn through the Roman alphabet. The following list largely represents the method employed in this work:

अ	A	क	Ka	ढ	Ḍha/ḍha	य	Ya
आ	Ā/ ā	ख	Kha	ण	Ṇa/ṇa	र	Ra
इ	E	ग	Ga	त	Ta	ल	La
ई	ī / Ī	घ	Gha	थ	Tha	व	Va
उ	U	ङ	Ñga	द	Da	श	Śa/śa
ऊ	Ū / ū	च	Ca	थ	Dha	ष	Ṣa/ṣa
ऋ	Ṛi / ṛi	छ	Cha	न	Na	स	Sa
ए	E	ज	Ja	प	Pa	ह	Ha
ऐ	Ai	झ	Jha	फ	Pha	क्ष	Kṣa
ओ	O	ळ	ñ			त्र	Tra
औ	Au	ट	Ṭa/ṭa	ब	Ba	ज्ञ	Gya
अं	An	ठ	Ṭha/ṭha	भ	Bha		
अः	Aḥ	ड	Ḍa /ḍa	म	Ma		

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Weights and Measures

1 *Rattikā* or *Guñjā*	125 mg.	
8 *Rattis* or *Guñjā* s	1 *Māṣa*	1 g
12 *Māṣas*	1 *Karṣa* (*Tolā*)	12 g.
2 *Karṣas* (*Tolās*)	1 *Śukti*	24 g.
2 *Śukti* s	1 *Pala*	48 g.
(4 *Karṣas* or 4 *Tolās*)		
2 *Palas*	1 *Prasrti*	96 g./ml.
2 *Prasrtis*	1 *Kuḍava*	192 g./ml.
2 *Kudavas*	1 *Manikā*	384 g./ml.
2 *Manikas*	1 *Prastha*	750 g./ml
4 *Prasthas*	1 *Āḍhaka*	3 kg./litres
4 *Āḍhakas*	1 *Droṇa*	12.50 kg./litres
2 *Droṇa* s	1 *Śūrpa*	25 kg./litres
2 *Śūrpas*	1 *Droṇi*(*Vāhi*)	50 kg./litres
4 *Droṇis*	1 *Khāri*	200 kg./litres
1 *Pala*		48 gm./ml.
1 *Tulā*	5 kg./litres	
20 *Tulās*	1 *Bhāra*	100 kg./litres

In the case of liquids, the metric equivalents would be the corresponding litre and milliliter.

Linear Measures

Classical Unit	***Inches***	***Metric Equivalents***
Yavodara	1/8 of ¾"	0.24 cm.
Angula	¾"	1.95 cm.
Bitahasti	9"	22.86 cm.
Aratani	10 ½"	41.91 cm.
Nṛpahasta (Rājahasta)	22"	55.88 cm.
Vyam	72"	182.88 cm.

Measurement of Time

2 Kṣaṇa	1 Lava	
2 Lavas	1 Nimeṣa	
3 Nimeṣas	1 Kāstha	4.66 Seconds
1 Ghaṭī		24 Minutes
30 Kāṣṭhas	1 Kalā	2 Minutes 20 Seconds
20 Kalā + 3 Kāṣṭhas	1 Muhūrta	48 Minutes
1 Prahara		3 hours.
30 Muhūrtas	1 Ahorātra	24 Hrs.
15 Ahorātras	1 Pakṣa	15 Days
2 Pakṣas	1 Māsa	30 Days / One Month
2 Māsa	1 Ṛitu	60 Days / Two Months
3 Ṛitus	1 Ayana	6 Months
2 Ayanas	1 Samvatsara	12 Months / One Year
5 Samvatsara	1 Yuga	5 Years
1 Ahorātra of Devas		1 Year
1 Ahorātra of Pitarasa		1 Month

(The chart has generally followed the definitions suggested by Dr. K. Ramachandra Reddy)

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॥ श्रीः ॥

भिषग्वर श्रीगोविन्ददाससंगृहीता

भैषज्यरत्नावली

विमर्श–टिप्पनीसहित–'विद्योतिनी' भाषाटीकोपेता

॥ Śrī ॥

Bhaiṣajyaratnāvalī

॥ *Authored by Great Physician Śrī Govind Das* ॥

॥ ***Text and Translation with Commentary*** ॥

अथायुर्वेदावतारप्रकरणम् १

Chapter 1
Birth of the Ayurveda

ग्रन्थकर्तृमङ्गलाचरणम्–

भक्त्यानमत्त्रिदशराजकिरीटकोटिरत्नावलीकिरणराजिविराजमानम् ।
श्रीमत्करीन्द्रवदनस्य पदारविन्दद्वन्द्वं सदा जयति सिद्धिकरं क्रियाणाम् ॥१॥

1. Manglācaraṇam (The holy recital):

Both the lotus feet of God Śrī Ganesh which are capable to bless one with accomplishments in different endeavors and which are illuminated by the rays emanating from the various gems studded in the headgear (*kirīṭ*) of Indra the king of gods bowing in respect, may remain ever glorious.

नेत्रानन्दकरं करीन्द्रवदनं लम्बोदरं सुन्दरं क्रीडन्तं गिरिजोरसि प्रियतयाऽऽलिङ्ग्यात्मजं निर्भरम् ।
स्वान्तोत्थप्रमदौघकालनधिया श्रीविश्वनाथं श्रिता श्रेयः सर्वजनस्य मे च कुरुतान्माताऽन्नपूर्णा सदा ॥
नत्वा देवगणांस्ततो गुरुवरं श्रीसत्यनारायणं श्रीताराचरणं नृसिंहविबुधं श्रीहुण्ढिराजन्तथा ।
भूलोकं रुदतश्च बान्धवजनान् दूरस्थमेनं जनं त्यक्त्वा विष्णुपदं गतस्य च पितुः पादारविन्दावपि ॥
इन्दौराख्यपुरीयमान्यविबुधश्रीहुक्मिचन्दातुरस्थाने श्रेष्ठतमे समागतजनान् कुर्वन् सदा नीरुजान् ।
आयुर्वेदपयोधिमन्थकरणे व्यामोहविध्वंसिनीं भाषामाकलयामि सर्वसरलां भैषज्यरत्नावलीम् ॥

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शिवपार्वतीवन्दना–

वन्देऽम्बिकाचन्द्रचूडौ जननीजनकावुभौ । निपत्य धरणौ भक्त्या प्रत्यूहव्यूहशान्तये ।।२।।

2. Homage to God Śiva and Pārvatī:

I also bow respectfully before the Goddess Pārvatī and God Mahādeva who are parents of entire mankind.

विष्णुपदवन्दना–

श्रीगोविन्दपदारविन्दयुगलं वन्दारुवृन्दारकश्रेणीनम्रशिरःकिरीटवलभीनीलोत्पलेन्दिन्दिरम् ।
नत्वासद्भिषजांमुदेवितनुतेगोविन्ददासोऽधुना,नानाग्रन्थमहाब्धिलब्धसगुणां भैषज्यरत्नावलीम् ।।३।।

3. Homage to God Viṣnu:

I also salute both of the lotus feet of God Viṣnu that are glorified like the wasp over a blue lotus as these feet are illustrated by the gems of headgears of the various Gods who line up to show their respect. After respectfully saluting the God Viṣnu me Govinda Das, to the delight of the gentlemen physicians, start composing the text '*Bhaiṣajya Ratnāvalī*' that is based on the great Ayurvedic texts which are as large as the oceans.

ग्रन्थकर्तुर्निवेदनम्–

यदि प्रियतमान स्याद् बुधानां भिषजामियम् । तथाऽपि नव्या नव्यानामानुकूल्यं विधास्यति ।।४।।

4. Submission by the original author:

Even if this new work named *Bhaiṣajya Ratnāvalī* does not delight the scholarly physicians this would definitely appear helpful for the young students of Ayurveda.

आयुर्वेदस्य लक्षणम्–

आयुर्हिताहितं व्याधेर्निदानं शमनं तथा । विद्यते यत्र विद्वद्भिः स आयुर्वेद उच्यते ।।५।।

5. Definition of Ayurveda:

The discipline that describes the materials beneficial as well as harmful to the body; that describes the main reasons of the occurrence of diseases and diagnoses them, and that narrates methods of their treatment is called Ayurveda by the scholars.

आयुर्वेदस्य निरुक्तिः–

अनेन पुरुषो यस्मादायुर्विन्दति वेत्ति च । तस्मान्मुनिवरैरेष आयुर्वेद इति स्मृतः ।।६।।

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6. Purpose of Ayurveda:

As this kind of discipline helps the individuals to gain as well as to give long life to others (= *Ayu*), this science is called as Ayurveda (= text of *Ayu*).

कवेरुक्तिः–

आयुर्वेदागमनं क्रमेण येनाभवद् भूमौ । प्रथमं लिखामि तमहं नानातन्त्राणि संदृश्य ।।७।।

7. Acknowledgement by the author:

First of all, I narrate the history of the birth of Ayurveda as described in great works of the ancient seers.

आयुर्वेदोत्पत्तिप्रकारः–

ब्रह्मा स्मृत्वाऽऽयुषो वेदं प्रजापतिमजिग्रहत् ।
सोऽश्विनौतौसहसाक्षंसोऽत्रिपुत्रादिकान्मुनीन् । तेऽग्निवेशादिकांस्तेतु पृथक् तन्त्राणि तेनिरे ।।८।।

8. Different types of Ayurvedic texts:

First of all, God Brahmā narrated this discipline to Aśvinī Kumārá-s, the twin brothers. The twin brothers then passed this knowledge to God Indra while Indra circulated the same to the seers including Ātreya. These seers enlightened Agniveś and other saint physicians. Agniveś and other such saint physicians have subsequently authored different Ayurveda texts by their names.

क्रममाह । तत्रादौ ब्रह्मणः प्रादुर्भावः–

विधाताऽथर्वसर्वस्वमायुर्वेदं प्रकाशयन् । स्वनाम्ना संहितां चक्रे लक्षश्लोकमयीमृजुम् ।।९।।

9. Emergence of Brahmasamhitā:

However, even before that, God Brahmā himself had composed an Ayurvedic text named '*Brahmasamhitā*' that contained a hundred thousand *ślokas* (verses, metric scale consisting of two lines each). This was an easy guide to the discipline and it was considered as abstract of *Atharva Veda* itself. (It may be noted that the *Atharva Veda* is one of the earliest four scriptures of India including the *Ṛg Veda*, *Yajur Veda* and *Sam Veda* as well).

ततः प्रजापतिं दक्षं दक्षं सकलकर्मसु । विधिर्धीनीरधिः साङ्गमायुर्वेदमुपादिशत् ।।१०।।

10. Then only, God Brahmā who is 'an ocean of intellect' taught Dakṣa Prajāpati the discipline of Ayurveda with all its branches and sub-branches.

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दक्षप्रादुर्भावः–

अथ दक्षः क्रियादक्षः स्ववैद्यौ वेदमायुषः । वेदयामास विद्वांसौ सूर्योंशौ सुरसत्तमौ ।।११।।

11. Emergence of Dakṣa:

After learning the Ayurveda from God Brahmā, Dakṣa who is very skilled in performing various tasks taught the discipline to the physicians of the heaven and to the scholar sons of God Sūrya (Sun), the twin brothers Aśvinī Kumāra-s.

अश्विनीसुतप्रादुर्भावः–

दक्षादधीत्यदस्रौवितनुतःसंहितांस्वीयाम् । सकलचिकित्सकलोकप्रतिपत्तिविवृद्धये धन्याम् ।।१२।।

12. Emergence of Aśvinī Kumāra-s:

After learning the Ayurveda, the great brothers Aśvinī Kumāra-s authored a text on the same for the benefit of knowledge of the physicians.

स्वयम्भुवःशिरश्छिन्नंभैरवेणरुषाऽथ तत् । अश्विभ्यां संहितं तस्मात्तौ जातौ यज्ञभागिनौ ।।१३।।

13. Once upon a time, the God Bhairava had cut the head of Brahmā in a rage. It was then none other but the twin brothers Aśvinī Kumāra-s who rejoined the head. It was only after that these brothers have been considered as to merit a share of the religions sacrifices and offerings.

देवासुररणे देवा दैत्यैर्ये सक्षताः कृताः । अक्षतास्ते कृताः सद्यो दस्राभ्यामद्भुतं महत् ।।१४।।

14. At the war with the demons many of the gods were maimed and injured. At that time also, the Aśvinī Kumāra-s had successfully treated and cured the gods. It was their wonderful accomplishment.

वज्रिणोऽभूद्भुजस्तम्भःसदस्राभ्यांचिकित्सितः । सोमान्निपतितश्चन्द्रस्ताभ्यामेवुखीकृतः ।।१५।।

15. When the arms of Indra stiffed, it were again Aśvinī Kumāra-s who restored his health. These brothers had also treated and cured God Candra (Moon) when he had fallen down from his space called *Somaloka*.

विशीर्णादशनाःपूष्णोनेत्रेनष्टेभगस्य च । शशिनो राजयक्ष्माऽभूदश्विभ्यां ते चिकित्सिताः ।।१६।।

16. The twin brothers had also treated and cured the tooth (named Pūṣa) as well as the eyes (named Bhaga) of God Sūrya. They had also cured the God Candra when he suffered from tuberculosis.

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भार्गवश्च्यवनः कामी वृद्धः सन्विकृतिं गतः । वीर्यवर्णस्वरोपेतः कृतोऽश्विभ्यां पुनर्युवा ।।१७।।

17. The seer Cyavana (who was born in the line of seer Bhṛigu and who was filled with sensual desires) when became old, it were again the Aśvinī Kumāra-s who restored his youth. Cyavana regained his youth with all its vigour, stamina and beauty.

एतैश्चान्यैश्च बहुभिः कर्मभिर्भिषजां वरौ । बभूवतुर्भृशं पूज्याविन्द्रादीनां दिवौकसाम् ।।१८।।

18. For all these reasons, Aśvinī Kumāra-s brothers have become very loveable and popular as very efficient physicians among the gods.

इन्द्रप्रादुर्भावः–

संदृश्य दस्रयोरिन्द्रः कर्माण्येतानि यत्नवान् । आयुर्वेदं निरुद्वेगं तौ ययाचे शचीपतिः ।।१९।।

19. Emergence of Indra:

Impressed by their knowledge and skills, God Indra who is husband of goddess Śachī approached the Aśvinī Kumāra-s with open and clean heart to learn the discipline of Ayurveda from them.

नासत्यौ सत्यसन्धेन शक्रेण किल याचितौ । आयुर्वेदं यथाऽधीतं ददतुः शतमन्यवे ।।२०।।

20. There upon, the Aśvinī Kumāra-s brothers taught truthful and determined Indra whatever knowledge they possessed regarding Ayurveda.

नासत्याभ्यामधीत्यैव आयुर्वेदं शतक्रतुः । अध्यापयामास बहूनात्रेयप्रमुखान्मुनीन् ।।२१।।

21. Subsequently, Indra taught this discipline to the seer Ātreya and others.

आत्रेयप्रादुर्भावः–

एकदा जगदालोक्य गदाकुलमितस्ततः । चिन्तयामास भगवानात्रेयो मुनिपुङ्गवः ।।२२।।
किंकरोमिक्वगच्छामिकथंलोका निरामयाः । भवन्ति सामयानेतान्न शक्नोमि निरीक्षितुम् ।।२३।।
दयालुरहमत्यर्थं स्वभावो दुरतिक्रमः । एतेषां दुःखतो दुःखं ममापि हृदयेऽधिकम् ।।२४।।
आयुर्वेदं पठिष्यामि नैरुज्याय शरीरिणाम् । इति निश्चित्य गतवानात्रेयस्त्रिदशालयम् ।।२५।।
तत्र मन्दिरमिन्द्रस्य गत्वा शक्रं ददर्श सः । सिंहासनसमासीनं स्तूयमानं सुरर्षिभिः ।।२६।।

22-26. Emergence of Ātreya:

Once upon a time, the physician seer Ātreya was moving around, he saw the people very disturbed due to various diseases prevailing in the world. He became very concerned about the mankind. He started contemplating upon as how to

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provide cure to the human beings from various diseases. He found himself unable to bear the grim situation of the people and became very sad by heart. There upon he marched to heaven to learn the Ayurveda from Indra so that he can circulate this knowledge and learning among human beings.

भासयन्तंदिशोभासा भास्करप्रतिमं त्विषा । आयुर्वेदमहाऽऽचार्यं शिरोधार्य्यं दिवौकसाम् ।।२७।।

27. In the heaven, he behold the great physician God Indra sitting on a royal throne emanating light from his person to all the ten directions. The heavenly seers bowing in respect surrounded him.

शक्रस्तु तं निरीक्ष्यैव त्यक्तसिंहासनः स्थितः । तमग्रे पूजयामास भृशं भूरितपःकृशम् ।।२८।।
कुशलं परिपप्रच्छ तथाऽऽगमनकारणम् । स मुनिर्वक्तुमारेभे निजागमनकारणम् ।।२९।।

28-29. However, immediately after his eyes fell on the seer Ātreya (who has become very lean and thin practicing austerities), God Indra got up from his throne and worshiped the visitor properly. And then he asked as to why the seer had taken pains to come to his place.

देवराज ! नराजाऽसिदिवएवयतो भवान् । विधात्रा विहितो यत्नात्त्रिलोकीलोकपालकः ।।३०।।
व्याधिभिर्व्यथितालोकाःशोकाकुलितचेतसः । भूतले सन्ति सन्तापं तेषां हन्तुं कृपां कुरु ।।३१।।

30-31. The seer replied- 'O the king of God! You are not only the king of heaven but you have been entrusted by Brahmā to take care of all the three worlds as well. These days people are suffering miserably on the earth (which is considered as one of the three worlds). Please have the mercy to remove the sorrow of them.

आयुर्वेदोपदेशंमे कुरु कारुण्यतो नृणाम् । तथेत्युक्त्वा सहस्राक्षोऽध्यापयामास तं मुनिम् ।।३२।।
मुनीन्द्र इन्द्रतः साङ्गमायुर्वेदमधीत्य सः । अभिनन्द्य तमाशीर्भिराजगाम पुनर्महीम् ।।३३।।

32-33. 'Please teach me the discipline of Ayurveda'. There upon Indra started teaching of the same to the seer. The seer Ātreya learnt from him all the eight branches of Ayurveda including; Internal medicine (*Kāyacikitsā*); Paediatrics (*Kaumārabhṛitya*); Psychological medicine (*Grahacikitsā/bhūtavidyā*); E.N.T. & Ophthalmology (*Śālākyatañtra*); Surgery (*Śalya tañtra*); Toxicology (*Agada tañtra*); Rejuvenative Sciences (*Rasāyaṇa tañtra*); Science of aphrodisiacs (*Vājīkaraṇa*). Thereafter he blessed the God of gods and returned to the earth.

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अथात्रेयो मुनिश्रेष्ठो भगवान्करुणाऽऽकरः । स्वनाम्नाः संहितां चक्रे नरवर्गानुकम्पया ।।३४।।
ततोऽग्निवेशं भेडञ्च जातूकर्णं पराशरम् । क्षीरपाणिञ्च हारीतमायुर्वेदमपाठयत् ।।३५।।

34-35. After that the most kind and the jewel among the seers, God Ātreya, for the great benefit of the mankind wrote a work called *Ātreya Samhitā*. Thereafter, he taught Ayurveda to the six sanity persons named Agniveś, Bhela, Jātukarṇa, Parāśara, Kṣīrapāni and Hārīt.

तन्त्रस्य कर्ता प्रथममग्निवेशोऽभवत्पुरा । ततो भेडादयश्चक्रु स्वं स्वं तन्त्रं कृतानि च ।।३६।।
श्रावयामासुरात्रेयं मुनिवृन्देन वन्दितम् । श्रुत्वा च तानि तन्त्राणि हृष्टोऽभूदत्रिनन्दनः ।।३७।।
यथावत्सूत्रितंदृष्ट्वा प्रहृष्टा मुनयोऽभवन् । दिवि देवर्षयो देवाःश्रुत्वा साध्विति चाब्रुवन् ।।३८।।

36-38. First of all Agniveś, out of them composed an Ayurvedic text by his name. Following him seers like Bheḍa also authored medical texts under their respective names. They narrated about their respective texts before the great seer God Ātreya. The seer became very pleased to listen to their text and in turn the authors also got delighted. The Gods of heaven expressed their happiness on the accomplishments of these authors.

भरद्वाजप्रादुर्भाव–

एकदा हिमवत्पार्श्वे दैवादागत्य सङ्गताः । मुनयो बहवस्तेषां नामभिः कथयाम्यहम् ।।३९।।
भरद्वाजो मुनिवरः प्रथमं समुपागतः । ततोऽङ्गिरास्ततो गर्गो मरीचिर्भृगुभार्गवौ ।।४०।।
पुलस्त्योऽगस्तिरसितोवसिष्ठः सपराशरः। हारीतो गौतमः सांख्यो मैत्रेयश्च्यवनोऽपि च ।।४१।।
जमदग्निश्च गार्ग्यश्च कश्यपः काश्यपोऽपि च । नारदो वामदेवश्च मार्कण्डेयः कपिञ्जलः।।४२।।
शाण्डिल्यःसहकौण्डिन्यःशाकुनेयश्च शौनकः। आश्वलायनसांकृत्यौ विश्वामित्रः परीक्षकः।।४३।।
देवलो गालवो धौम्यः काप्यकात्यायनावुभौ । काङ्कायनो वैजवापः कुशिको बादरायण ।।४४।।
हिरण्याक्षश्चलौगाक्षिः शरलोमा च गोभिलः । वैखानसा बालखिल्यास्तथैवान्ये महर्षयः।।४५।।
ब्रह्मज्ञानस्य निधयो यमस्य नियमस्य च । तपसस्तेजसा दीप्ता हूयमाना इवाग्नयः ।।
सुखोपविष्टास्ते तत्र सर्वे चक्रुः कथामिमाम् ।।४६।।

39-46. Emergence of Bhāradvāja:

Once upon a time, many saints and seers assembled in a region that was located at foot of the great Himalayas. Now I recall the names of these great personalities: Bhāradvāja, Angirā, Garg, Marīchi, Bhṛigu, Bhārgava, Pulastya, Agasti, Asit and Parāśara along with the seers Vaśiṣhtha, Hārīt, Gautam, Sānkhya, Maitreya, Cyavana, Jamadagni, Gārgī, Kaśyapa, Kāśyapa, Nāda, Vāmadeva, Mārkanḍeya, Kapiñjala, Kaunḍiṇya as well as Śānḍilaya, Śakuneya, Śaunak, Āṣvalāyana, Sankritya, Viśvamitra, Parīkṣaka, Devala, Gālava, Dhaumya, Kāpya,

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Kātyāyana, Kānkgkāyana, Vaijavāpa, Kuśhika, Bādarāyaṇa, Hīrakanyākṣa, Laugākṣi, Śaraloma, Gobila Vaikhānas, and Bālakhilya as well as many others.

These saints discussed among themselves sitting in the holy region under the Himalayas that is illuminated like a fire generated by austerities and holy rituals and sacrifices.

धर्मार्थकाममोक्षाणां मूलमुक्तं कलेवरम् । तच्च सर्वार्थसंसिद्ध्यै भवेद्यदि निरामयम् ।।४७।।
तपःस्वाध्यायधर्माणां ब्रह्मचर्यव्रतायुषाम् । हर्त्तारः प्रसृता रोगा यत्र तत्र च सर्वतः ।।४८।।

47-48. The body is but the basis of all the four essential pursuits of life, namely *Dharma* (religions duties), *Artha* (professional, economic duties), *Kāma* (reproductive and sensual pursuits) and *Mokṣa* (emancipation or the eternal peace). These pursuits could be achieved only through a body that is sound in health. On the other hand the diseases are spread every here and there in the world to disturb life and tarnish the attempts to conduct the prescribed austerities, studies, and religions rituals.

रोगाःकार्श्यकरा बलक्षयकरा देहस्य चेष्टाहरादृष्टा इन्द्रियशक्तिसंक्षयकराः सर्वाङ्गपीडाकराः ।
धर्मार्थाखिलकाममुक्तिषुमहाविघ्नस्वरूपाबलात्प्राणानाशुहरन्तिसन्तियदितेक्षेमंकुतः प्राणिनाम् ।।४९।।
तत्तेषांप्रशमायकश्चनविधिश्चिन्त्योभवद्भिर्बुधै र्योग्यैरित्यभिधाय संसदि भरद्वाजं मुनिं तेऽब्रुवन् ।
त्वं योग्योभगवन् सहस्रनयनंयाचस्वलब्ध्वंक्रमादायुर्वेदमधीत्ययंगदभयान्मुक्ताभवामो वयम् ।।५०।।

49-50. These diseases make the human beings weak, poor in strength and vigour. They destroy the power of the senses; create pain in the body. They stop the activities related to the four pursuits as above and remove out the life painfully and forcefully. So long as there are diseases all around in the world, how can human beings remain comfortable? Therefore, to remove and cure such diseases, let us think measures to be taken. The seers assembled in the gathering approached to saint Bhāradvāja and requested him to bring the knowledge of Ayurveda from the heaven. The seers expressed their desire to study the discipline one by one so that they are freed from fear of the various diseases.

इत्थं स मुनिभिर्योग्यैः प्रार्थितो विनयान्वितैः । भरद्वाजो मुनिश्रेष्ठो जगाम त्रिदशालयम् ।।५१।।
तत्रेन्द्रभवनं गत्वा सुरर्षिगणमध्यगम् । दृष्टवान् वृत्रहन्तारं दीप्यमानमिवानलम् ।।५२।।
दृष्ट्वैव स मुनिं प्राह भगवान्मघवा मुदा । धर्म्मज्ञ ! स्वागतं तेऽथ मुनिं तं समपूजयत् ।।५३।।

51-53. When the seers thus humbly approached seer Bhāradvāj he went to the heaven and reached the court of Indra, the God of gods. He behold Indra who was

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shining like the fire and who was surrounded by the heavenly seers. On seeing Bhāradvāj, Indra welcomed his arrival and worshiped the saint properly.

सोऽभिगम्यजयाशीर्भिरभिनन्द्य सुरेश्वरम् । ऋषीणां वचनं सम्यक् श्रावयामास तत्त्वतः ।।५४।।
व्याधयो हि समुत्पन्नाः सर्वप्राणिभयङ्कराः । तेषां प्रशमनोपायं यथावद्वक्तुमर्हसि ।।५५।।
अपाठयन्मुनिं साङ्गमायुर्वेदं शतक्रतुः । जीवेद्वर्षसहस्राणि देहो नीरुङ् निशम्य यम् ।।५६।।

54-56. There upon, Bhāradvāj greeted Indra and expressed blessing to him. He also told Indra about the desires of the seers and requested him to impart the learning of Ayurveda so that the mankind in the earth can treat and cure various diseases that made their life miserable. On listening to the seer Bhāradvāj Indra obliged him and taught him the discipline of Ayurveda along with its branches so that mankind can live a life thousand years long.

सोऽनन्तपारं त्रिस्कन्धमायुर्वेदं महामुनिः । यथावदचिरात्सर्वं बुबुधे तन्मना मुनिः ।।५७।।
तेनायुः सुचिरं लेभे भरद्वाजो निरामयम् । अन्यानपि मुनींश्चक्रे नीरुजः सुचिरायुषः ।।५८।।

57-58. Taking lessons from Indra with due attention Bhāradvāj quickly and thoroughly learnt the discipline of Ayurveda which has three foundations in shape of causes, identification and treatment (of the diseases). Thus Bhāradvāj obtained long life and in turn, he also helped people attain a long life as well.

तत्तन्त्रजनितज्ञानचक्षुषा ऋषयोऽखिलाः । गुणान्द्रव्याणि कर्माणि दृष्ट्वा तद्विधिमाश्रिताः ।।५९।।
आरोग्यं लेभिरे दीर्घमायुश्च सुखसंयुतम् । आयुर्वेदोक्तविधिनाऽन्येऽपि स्युर्मुनयो यथा ।।६०।।

59-60. The seers also got benefited by learning Ayuveda from Bhāradvājas they utilized the narratives of the discipline in terms of *materia medica* and the like. Following the methods, rules and regulations of the Ayurveda the seers were thus able to continue a long life free of diseases and full of comforts.

चरकप्रादुर्भावः–

यदा मत्स्यावतारेण हरिणा वेद उद्धृतः । तदा शेषश्च तत्रैव वेदं साङ्गमवाप्तवान् ।।६१।।
अथर्वान्तर्गतं सम्यगायुर्वेदं च लब्धवान् । एकदा स महीवृत्तं द्रष्टुं चर इवागतः ।।६२।।
तत्र लोकान्गदैर्ग्रस्तान्व्यथया परिपीडितान् । स्थलेषु बहुषु व्यग्रान् म्रियमाणांश्च दृष्टवान् ।।६३।।
तान्दृष्ट्वाऽतिदयायुक्तस्तेषां दुःखेन दुःखितः । अनन्तश्चिन्तयामास रोगोपशमकारणम् ।।६४।।
सञ्चिन्त्य स स्वयं तत्र मुनेः पुत्रो बभूव ह । प्रसिद्धस्य विशुद्धस्य वेदवेदाङ्गवेदिनः ।।६५।।

61-65. Emergence of Caraka:

It has been well known that once upon a time, the God Viṣnu has saved the

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four Vedas by assuming an incarnation called Matsyāvatāra. During that period itself, the God Śeṣ had obtained the learning of these Vedas that include the *Atharva Veda* as well. Thus he imbibed the discipline of Ayurveda, which is, but essence of the *Atharva Veda*. Once, God Śeṣ came to the earth and moved around like a spy to take care of the human beings. He was very sad by heart to see people being pained and facing misery on account of countless diseases every here and there. The God Śeṣ started thinking and discussing the matter by himself. Then after considering the problem he decided to take birth among the human beings. He thus became son of a gentleman named Viśuddha who was accomplished in all the Vedas and various kinds of grammatical science and the like.

यतश्चर इवायातो न ज्ञातः केनचिद्यतः । तस्माच्चरकनाम्नाऽसौ ख्यातश्च क्षितिमण्डले ।।६६।।
स भाति चरकाचार्य्यो देवाचार्यो यथा दिवि । सहस्रवदनस्यांशो येन ध्वंसो रुजां कृतः ।।६७।।
आत्रेयस्यमुनेः शिष्या अग्निवेशादयोऽभवन् । मुनयो बहवस्तैश्च कृतं तन्त्रं स्वकं स्वकम् ।।६८।।
तेषांतन्त्राणि संस्कृत्य समाहृत्य विपश्चिता । चरकेणात्मनो नाम्ना ग्रन्थोऽयं चरकः कृतः ।।६९।।

66-69. Since the God has appeared and moved on the earth in guise of a 'Cara' (i.e. a spy) he became famous by the name of Caraka (literally, 'a wandering saint'). Thus Caraka is none but the incarnation of God Śeṣ himself. He rightly became very respectable among the seer physicians of the earth as God Bṛihaspati is regarded among the seers of the heaven. There had appeared many seers and physicians like Agniveś and others before Caraka. Therefore, Caraka collated and edited their texts and prepared a scripture on Ayurveda that became famous as *Caraka Samhitā* by his name.

धन्वन्तरिप्रादुर्भावः–

एकदा देवराजस्य दृष्टिर्निपतिता भुवि । तत्र तेन नरा दृष्टा व्याधिभिर्भृशपीडिताः ।।७०।।
तान्दृष्ट्वा हृदयं तस्य दयया परिपीडितम् । दयाऽऽर्द्रहृदयः शक्रो धन्वन्तरिमुवाच ह ।।७१।।
धन्वन्तरे ! सुरश्रेष्ठ ! भगवन् ! किञ्चिदुच्यते । योग्यो भवसि भूतानामुपकारपरो भव ।।७२।।
उपकाराय लोकानां केन किं न कृतं पुरा । त्रैलोक्याधिपतिर्विष्णुरभून्मत्स्यादिरूपवान् ।।७३।।
तस्मात्त्वं पृथिवीं याहि काशीमध्ये नृपो भव । प्रतीकाराय रोगाणामायुर्वेदं प्रकाशय ।।७४।।
इत्युक्त्वा सुरशार्दूलः सर्वभूतहितेप्सया । समस्तमायुषो वेदं धन्वन्तरिमुपादिशत् ।।७५।।

70-75. Emergence of Dhanvantarī:

Once upon a time God Indra came to see condition of the human beings on earth. He saw them in miserable condition owing to various kinds of diseases. He was very moved by this. He approached God Dhanvantarī and requested him to go

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to the earth and popularize the medical science among the mankind. Indra recalled that for the benefit of mankind even God Viṣnu had taken the shape and life of a fish during the Matsyāvatāra. Indra suggested Dhanvantarī to go to the city Kāśīpurī and become the king of the city there. Thus for the benefit of mankind, Indra taught Dhanvantarī the discipline of Ayurveda.

अधीत्य चायुषो वेदमिन्द्राद्धन्वन्तरिः पुरा । आगत्य पृथिवीं काश्यां जातो बाहुजवेश्मनि ।।७६।।
नाम्नातु सोऽभवत्ख्यातो दिवोदास इति क्षितौ । बाल एव विरक्तोऽभूच्चचार सुमहत्तपः ।।७७।।
यत्नेन महता ब्रह्मा तं काश्यामकरोन्नृपम् । ततो धन्वन्तरिर्लोकैः काशिराजोऽभिधीयते ।।७८।।
हितायदेहिनां स्वीया संहिता विहिताऽमुना । अथ विद्यार्थिनो लोकान्संहितां तामपाठयत् ।।७९।।

76-79.Thus Dhanvantarī learnt the science of Ayurveda. He came to the earth and took birth in the royal family of the city of Kāśī. He became famous by the name of Divodāsa. He reflected an otherworldly bent of mind and began practicing austerities. However, after great efforts *Brahmā* prepared him to become the king of the city. Then he authored an Ayurvedic text called *Dhanvantarī Samhitā*. Subsequently he imparted knowledge of this text to his students.

सुश्रुतप्रादुर्भावः–

अथ ज्ञानदृशा विश्वामित्रप्रभृतयोऽविदन् । अयं धन्वन्तरिः काश्यां काशिराजोऽयमुच्यते ।।८०।।
विश्वामित्रो मुनिस्तेषु पुत्रं सुश्रुतमुक्तवान् । वत्स ! वाराणसीं गच्छ त्वं विश्वेश्वरवल्लभाम् ।।८१।।
तत्रनाम्नादिवोदासःकाशिराजोऽस्ति बाहुजः । स हि धन्वन्तरिः साक्षादायुर्वेदविदां वरः ।।८२।।
आयुर्वेदं पठस्व त्वं लोकोपकृतिहेतवे । सर्वप्राणिदया तीर्थमुपकारो महामखः ।।८३।।
पितुर्वचनमाकर्ण्य सुश्रुतः काशिकां गतः । तेन सार्द्धं समध्येतुं मुनिसूनुशतं ययौ ।।८४।।

80-84. Emergence of Suśruta:

From their especial power of sight seers like Viśvāmitra came to know that the king Divodāsa is none but the incarnation of Dhanvantarī himself in guise of the king of Kāśī. There upon Viśvāmitra called up his son Suśruta and suggested him to go to Kāśī or Vārānasī (as the town is known for both these names) and meet Divodāsa for gaining the learning of Ayurveda for the benefit of mankind. As having a kind attitude towards the human beings and showing mercy to the needful is the best pilgrimage of life, the suggestion of Viśvāmitra convinced his son. Thus Suśruta, and along with his hundred other pupils who were sons of different seers marched to Vārānasī to learn the discipline of Ayurveda.

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अथ धन्वन्तरिं सर्वे वानप्रस्थाश्रमे स्थितम् । भगवन्तं सुरश्रेष्ठं मुनिभिर्बहुभिः स्तुतम् ।।८५।।
काशिराजंदिवोदासं तेऽपश्यन्विनयान्विताः । स्वागतं च तदा चाह दिवोदासो यशोधनः ।।८६।।
कुशलं परिपप्रच्छ तथाऽऽगमनकारणम् । ततस्ते सुश्रुतद्वारा कथयामासुरुत्तरम् ।।८७।।
भगवन्मानवान्दृष्ट्वाव्याधिभिःपरिपीडितान्। क्रन्दतोम्रियमाणांश्च जाताऽस्माकं हृदि व्यथा ।।८८।।
आमयानां शमोपायं विज्ञातुं वयमागताः । आयुर्वेदं भवानस्मानध्यापयतु यत्नतः ।।८९।।
अङ्गीकृत्य वचस्तेषां नृपतिस्तानुपादिशत् । व्याख्यातं तेन ते यत्नाज्जगृहुर्मुनयो मुदा ।।९०।।
काशिराजं जयाशीर्भिरभिनन्द्य मुदाऽन्विताः। सुश्रुताद्याःसुसिद्धार्थाजग्मुर्गेहंस्वकं स्वकम् ।।९१।।
प्रथमं सुश्रुतस्तेषु स्वतन्त्रं कृतवान् स्फुटम् । सुश्रुतस्य सखायोऽपि पृथक्तन्त्राणि तेनिरे ।।९२।।
सुश्रुतेन कृतं तन्त्रं सुश्रुतं बहुभिर्यतः । तस्मात्तत्सुश्रुतं नाम्ना विख्यातं क्षितिमण्डले ।।९३।

90-93. Convinced by the intention of Suśruta and the accompanying students, Divodāsa taught them about Ayurveda. The students also learnt the discipline with complete attention and diligence. Thereafter greeting the king with words like 'may he ever emerge victorious' the students returned to their respective homes. Suśruta, first among these students, authored a text on the discipline. Thereafter his fellow colleagues also composed various Ayurvedic texts. However, the most popular among such texts proved to be the one composed by Suśruta. This work is famous by the name *Suśruta Samhitā*.

अथ वाग्भटप्रादुर्भावः–

ततो व्यतीते समये तु वाग्भटः सद्वैद्यवन्द्यो विदुषां वरेण्यः ।
प्रादुर्बभूवावनिमण्डले श्रीधन्वन्तरेः साम्यमधिश्रयन् सन् ।।९४।।
पाण्डोः सुतानां प्रवरस्य राज्ञोयुधिष्ठिरस्यावितथप्रियस्य ।
आसीत्सभायां सुचिकित्सकत्वेनास्थापितो मानपुरःसरं सः ।।९५।।
तेन प्रबन्धा विविधा जनानांहितार्थिना साधुतया प्रणीताः ।
तेषां प्रसिद्धा बहुधेह संहिताऽष्टाङ्गेतिसंयुग्हृदयाभिधाना ।।९६।।
तां वाग्भटेत्याह्वतयापृथिव्यांश्रुतां विदन्ति स्म समस्तकोविदाः ।
सुसंगृहीतां चरकाच्च सुश्रुतादथोऽन्यतन्त्रेभ्य उदारचेतसा ।।९७।।
प्रदर्शितं तत्र महच्च कौशलंचिकित्सिते कर्मणि वाग्भटेन ।
तथाऽपि सर्वं जगदेतदेवाधिकं बभूवोपकृतं यथार्थम् ।।९८।।

94-98. Emergence of Vāghbhaṭṭa:

Some time after Suśruta passed away, emerged the great physician Vāgbhaṭṭa who was rightly compared to the God Dhanvantarī himself. He was appointed to the court of Yudhiṣṭhara who was the eldest brother of the famous Pāṇḍavas and who was widely known for his truthfulness. Vāgbhaṭṭa organized various Ayurvedic scriptures and authored the great text called *Aṣṭānga Hṛidaya Samhitā*.

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The text became famous under the name of Vāgbhaṭṭa among the wise physicians. This work has been developed on the basis of the texts of Caraka and Suśruta. This work *Aṣṭānga Hṛidaya* is a great text in the world of Ayurveda. It has caused tremendous support for the entire mankind.

इति भैषज्यरत्नावल्यामायुर्वेदावतारप्रकरणं प्रथमं समाप्तम् ।।१।।
इति विद्योतिनी-भाषाटीकायामायुर्वेदावतारप्रकरणम् ।।१।।

End of the Chapter 1 of Bhaiṣajya Ratnāvalī with Commentary

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अथ शोधनमारणप्रकरणम् २

Chapter 2
Refinement and Incineration of Various Materials

रसपर्यायमाह–

रसेन्द्रः पारदः सूतः सूतराजश्च सूतकः । शिवतेजो रसः सप्त नामान्येवं रसस्य तु ।।१।।

1. Synonyms of Rasa (Mercury) (Hg = Hydrargyrum):

The mercury is called by seven names: *Rasendra*, *Pārada*, *Sūta*, *Sūtaraja*, *Sūtaka*, *Śivāteja* and *Rasa*.

रसलक्षणम्–

अन्तःसुनीलोबहिरुज्ज्वलोयो मध्याह्नसूर्य्यप्रतिमप्रकाशः।
शस्तोऽथधूम्रःपरिपाण्डुरश्चचित्रोनयोज्योरसकर्मसिद्धौ।।२।।

2. Characteristics of Rasa:

The best medicinally useful mercury is one that is blue from within, bright from the exterior, and as white as the noontime sun. On the other hand, such kind of mercury that is smoky in colour, yellowish in texture or having spots here and there, is not fit for medicinal purpose.

Note - The qualities of perfect *pārada* (mercury) as suggested by modern scientists resemble the characteristics defined in the old texts. However, the old texts refer to these characteristics in a codified (*sūtra*) language.

रसदोषानाह–

नागो वङ्गो मलो वह्निश्चाञ्चल्यञ्च विषं गिरिः । असह्याग्निर्महादोषा निसर्गात्पारदे स्थिताः ।।३।।
व्रणं कुष्ठं तथा जाड्यंदाहं वीर्य्यस्य नाशनम् । मरणं जडतां स्फोटं कुर्वन्त्येते क्रमान्नृणाम् ।।४।।
तस्माद्रसस्य संशुद्धिं विदध्याद्भिषजां वरः । शुद्धोऽयममृतं साक्षाद्दोषयुक्तो रसो विषम् ।।५।।

3-5. Demerits of Rasa:

There are eight kinds of imperfections in the mercury by nature. These demerits include: being contaminated by metals called *nāga*, *vanga* and dirts; being flammable and mercurial (loco mobile), containing poisonous substances like arsenic and antimony; and being unable to face high temperature (it gets vaporized in above 35° centigrade of temperature). These effects can generate

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such conditions as (in sequence to the above) wounds, *kuṣṭha* (skin diseases including leprosy), numbness, burning sensation, loss of *śukra* (sperms), death, paralysis and boils. Thus the ideal physician must remove the natural imperfections of mercury thoroughly. The purified mercury is equal to the nectar while the impure one is no less harmful than poison itself.

मतान्तरम्–

दोषहीनो यदा सूतस्तदा मृत्युज्वरापहः । शुद्धोऽयममृतः साक्षाद् दोषयुक्तो रसो विषम् ।।६।।

6. Other opinion:

The mercury that has been purified and removed from all its inherent demerits is capable to destroy the fragility of old age, to control fever and to withhold the death itself. The pure mercury is nectar of the earth without doubt. On the other hand and at the same time, the imperfect mercury is poison itself.

दरदं तण्डुलस्थूलं कृत्वा मृत्पात्रके त्रिदिनम् । भाव्यं जम्बीररसैश्चाङ्गेर्या वा रसैर्बहुधा ।।७।।

7. Now the process of extraction of mercury from the cinnabar (mercury ore) (*darada*) is described. One should coarsely powder the *darada* (so as it is reduced to the size of rice-grains) and keep the same in an earthen pot. This powder should be processed through *bhāvanā* method by treating it either along with the juice of *jambīra* lemon or the juice of *cāngerī* leaves. (In a *bhāvanā* process, powdered form of given herb or medicine is mixed along with the prescribed liquid till it gets triturated. This is followed by the drying of the powder in shadow or under the sun as suggested). The powder of *darada* (mercury ore) should be repeatedly processed through *bhāvanā* method for no less than three days.

ततश्च जम्बीरधारिणाचाङ्गेर्यारसेनपरिप्लुतम् । कृत्वा स्थालीमध्ये निधाय तदुपरि कठिनीघृष्टम् ।।८।।

8. The *bhāvanā* - processed mercury ore grains should be kept in an earthen pot containing the juices of *jambīra* lemon and *cāngerī* leaves. The amount of juices should be sufficient enough to soak the mercury grains. The mouth of the earthen pot should be tightly closed. This pot should be then kept below another earthen pot filled with cold water. The joint of both the pots should be closely tightened with mud-smeared cotton-strips.

उत्तानंचारुशरावंतत्र त्रिंशद्वारं जलं देयम् । उष्णे हेयं तथैव तदूर्ध्वपातनेन निर्मलः शिवजः ।।९।।

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9. The earthen pot having the coarse mercury ore grains treated in the juices of *jambīra* lemon and *cāngerī* leaves should be then heated till another pot kept over its mouth is warmed. When the water of the upper pot gets boiling, it should be removed and replaced by fresh cold water. This process of boiling and replacing water with fresh supply should be continued for no less than thirty times. Thereafter the mercury from the pot below should be obtained by sieving it through a piece of cotton. Finally, it should be washed with fresh water or *kānji* repeatedly. Now the mercury is procured.

मतान्तरम्–

शतं पञ्चाशतं वाऽपि पञ्चविंशद्दशैव च । पञ्चैकं वा पलञ्चैव पलार्द्धं कर्षमेव च ।।१०।।
कर्षान्न्यूनो न कर्त्तव्यो रससंस्कार उत्तमः । प्रयोगेषु च सर्वेषु यथालाभं प्रकल्पयेत् ।।११।।

10-11. Difference of opinion:

One should purify the mercury in required amount only. One can use 100, 50, 25, 10, five, one or even half *pala* or one *karṣa* worth of mercury for incineration. For incineration process the amount of mercury should not be less than one *karṣa*. It is, however, best to take *pārada* or mercury as required for immediate use.

मतान्तरम्–

रसोनस्वरसैः सूतो नागवल्लीदलोत्थितैः । त्रिफलायास्तथा क्वाथे रसो मर्द्यः प्रयत्नतः ।।१२।।
ततस्तेभ्यः पृथक् कृत्वा सूतं प्रक्षाल्य काञ्जिकैः । सर्वदोषविनिर्मुक्तं योजयेद् रसकर्म्मसु ।।१३।।

12-13. Difference of opinion:

The mercury should be thoroughly macerated along with the juice of garlic, betel leaves as well as along with the decoction of *triphalā* herbs. Following this, the *pārada* should be separated and washed with *kānji*. Mercury thus obtained is fit to be used for medicinal purpose.

गन्धकोत्पत्तिमाह–

श्वेतद्वीपे पुरा देव्याः क्रीडन्त्याः प्रसृतं रजः ।
क्षीरार्णवे तु स्नाताया दुकूलं रजसाऽन्वितम् । धौतं तत् सलिले तस्मिन् गन्धको गन्धवत् स्मृतः ।।१४।।

14. Origin of Sulphur (S = Sulphur):

As regards the origin of sulphur, it is said that once upon in older time, Goddess Pārvatī was playing merrily (having *kriḍā*) in an island called *Śveta Dvīpa* (literally, 'white island'). While playing she got her menses and she thus

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menstruated in the island. Following this, she bathed herself in the *Kṣīra Sāgar* (the heavenly 'Ocean of Milk') and washed her garments containing stains of the menstruated blood. Sulphur originated out of this washing.

Discussion: At the outset the above narrative sounds a banal description of the origin of sulphur. However, there has been tendencies among the ancients who described scientific events through popular symbols. It may be argued that the term *śveta dvīpa* above would signify none other but the island of Sicily. Probably the matter was first noticed in this island only. The term *kṛidā* above could also mean churning of the earth. The Goddess Pārvatī can be symbol of earth herself. Some of the scholars argue that using these symbols a scientific and objective analysis regarding origin of sulphur has been presented by the great author of present book.

गन्धकभेदाः–

चतुर्द्धा गन्धकः प्रोक्तो रक्तः पीतः सितोऽसितः ।।१५।।
रक्तो हेमक्रियासूक्तः पीतश्वेतौ रसायने । व्रणादिलेपने श्वेतः कृष्णः श्रेष्ठः सुदुर्लभः ।।१६।।

15-16. On types of sulphur:

Depending on its respective colours, sulphur can be classified into four types including the red, yellow, black and white sulphur. While using for the incineration (*sanskār*) of gold, one should use the red sulphur. For preparing *rasāyaṇa* or tonics, the yellow variety of sulphur is best. For treating wounds, boils, etc., the white sulphur is employed. The black sulphur is rarely obtained, nonetheless it is most effective for all these purposes.

Discussion – The white and yellow sulphur is found in natural conditions. Out of these, the yellow one is famous all around by the name of *Amalasāra* and this is a perfect kind of sulphur. The white sulphur is not just sulphur only but is a natural compound of the same as well as other ingredients. One can recognize it as gypsum (*Godantī*) as well. This material is used variously and the so-named Plaster of Paris is none but the powdered form of gypsum. The ash of same gypsum is used in plastering the fractured bones and in preparing pots (*mūṣā*, *śarāva* and the like) that are employed in incineration of iron and other metals. The other two kinds of sulphur as described above are not natural. They are obtained through certain artificial methods and through various degrees of heating. As a matter of fact, the red and black kinds of sulphur revert back to natural yellowish color once their heating is undone. In past, there might have been

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methods to retain the artificial red or black colour of the material in context. But today, no such method is known.

अशुद्धगन्धकदोषाः–

अशुद्धगन्धः कुरुते तु तापं कुष्ठं भ्रमं पित्तरुजां करोति ।
रूपं बलंवीर्य्यसुखंनिहन्तितस्मात्सुशुद्धोविनियोजनीय ।।१७।।

17. Demerits of impure Gandhaka (sulphur):

Impure *gandhaka* (sulphur) produces burning sensations, *kuṣṭha* (skin diseases including leprosy), giddiness and *pitta*-generated disorders. It can also damage the get-up, strength and vigour of the body. Therefore, one must use only purified form of this material.

गन्धकपर्यायाः–

गन्धको गन्धपाषाणः शुकपुच्छः सुगन्धकः । सौगन्धिकः शुल्वरिपुः पामारिर्नवनीतकः ।।१८।।

18. Synonyms of Gandhaka (sulphur):

In Sanskrit, the sulphur is referred by eight names. These names include *Gandhaka*, *Gandhapāṣāṇa*, *Śukapuccha*, *Sugandhaka*, *Saungandhika*, *Śulvaripu*, *Pāmāri* and *Navanītaka*.

Observation: *Gandhapāṣaṇa*- Literally 'a stone that smells nicely'. This name has been attributed to sulphur as it is found in shape of stone-pieces and it smells strongly.

Śukapuccha- Since it is fragile as the tail (*puccha*) of a parrot (*śuka*) it has been named as such.

Śulvaripu- Literally 'antagonistic (*ripu*) to copper (*śulva*)'. The sulphuric acid melts down the metal in question and hence sulphur is named so.

Pāmāri- Literally 'destroyer (*ari*) of scabies (*pāma*)'. This name of sulphur only signifies its medicinal quality.

Navanītaka- Since one form of the sulphur is found in collided shape, it can be equaled to the form of butter, i.e. *Navanīta*, hence this nomenclature.

गन्धकशुद्धिः–

लौहपात्रे विनिक्षिप्य घृतमग्नौ प्रतापयेत् । तप्ते घृते तत्समानं क्षिपेद् गन्धकजं रजः ।।१९।।
विद्रुतंगन्धकंदृष्ट्वा दुग्धमध्ये विनिक्षिपेत् । एवं गन्धकशुद्धिः स्यात् सर्वरोगेषु योजयेत् ।।२०।।

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19-20. Purifying the Sulphur:

One should heat up *ghṛita* (i.e. clarified butter) in an iron saucepan. Add the equal quantity of sulphur in powdered form to the warm *ghṛita*. When the sulphur gets melted pour it into milk kept in a separate vessel. Finally one has to separate the sulphur by sieving the substance. This sulphur is fit for medicinal purposes.

Discussion- One should repeat this process for no less than three times. Thereupon, one should coarsely powder the sulphur thus obtained and get the same washed with hot water after each process. However if the sulphur gets crystallized on its own one simply does not need to coarsely powder it.

शुद्धगन्धकगुणाः–

शुद्धगन्धोहरेद्रोगान् कुष्ठमृत्युज्वरादिकान् । अग्निकारी महानुष्णो वीर्य्यवृद्धिं करोति च ।।२१।।

21. The characteristics of purified sulphur:

The purified form of sulphur is capable to remove the disease *kuṣṭha* (skin diseases including leprosy) and fever. It can withhold the arrival of old age symptoms and death. It increases the appetite and the vigour and is very hot in properties and effect.

Discussion - The dose of sulphur should be taken between 125 mg. to 1 gm.

वज्रशोधनम्–

व्याघ्रीकन्दगतं वज्रं दोलायन्त्रे विपाचयेत् । अहोरात्रात् समुद्धृत्य हयमूत्रेण सेचयेत् ।।२२।।
वज्रीक्षीरेण वा सिञ्चेत् कुलिशं विमलं भवेत् ।।२३।।

22-23. The method of Vajra (diamond)-incineration (Diamond = C):

One should cook the pieces of diamond in a *Dolā Yañtra* after keeping these pieces inside the root-stems of *Vyāghrīkanda*. The process of cooking in *Dolā Yañtra* should continue for one day and one night. Following that, one should remove out the diamond and soak it in the latex of *vajṛī* (*snuhī*) or the urine of a horse. Thus processed, diamond gets purified without any demerit.

वज्रमारणम्–

त्रिःसप्तकृत्वसन्तप्तं खरमूत्रेण सेचयेत् । मुद्गरैस्तालकं पिष्ट्वा तद्गोले कुलिशं क्षिपेत् ।।२४।।
प्रध्मातं वाजिमूत्रेण सिक्तं पूर्वक्रमेण तु । भस्मीभवति तद्वज्रं वज्रवत् कुरुते तनुम् ।।२५।।

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24-25. Māraṇa of Vajra:

One should heat up the diamond and cool it down by soaking it into the urine of ass. This process should continue for twenty one times. Thereafter, the diamond should be formed into shape of a ball. Subsequently coat it by *kalka* of tālaka (*haratāla*). The ball thus prepared should be heated up for twenty one times by cooling it down in intervals through soaking it up with horse-urine in sequence. Thus the diamond is transformed into shape of *bhasma* (oxydum). It consumed, this diamond-ash (*hīraka bhasma*) makes one's body as strong as *vajra* itself.

शोधितवज्रगुणाः–

आयुष्यं सौख्यजननं बलरूपप्रदं तथा । रोगघ्नं मृत्युहरणं वज्रभस्म भवत्यलम् ।।२६।।

26. Characteristics of purified vajra:

The diamond oxydum (*hīraka bhasma*) is capable to offer a long life and happiness, to promote vigour and body get-up and to remove diseases and to halt a pre-mature death.

Discussion- Depending upon the individual in context, the use of *hīraka bhasma* should range 4 mg. to 8 mg. The method to prepare doses of the *hīraka bhasma*- 125 mg. measure of *bhasma* should be mixed into 4 gm. of *rasasindūra* or some similar material. One can take this mix in doses of 125-250 mg.

वैक्रान्तशोधनम्–

वैक्रान्तं वज्रवच्छोध्यं ध्मातं तद्धयमूत्रके । हिमं तद्भस्म संयोज्यं वज्रस्थाने विचक्षणैः ।।२७।।

27. The process of purifying Vaikrānta (Tourmaline)

(Tourmaline = $NaR_3^{2+}Al_6B_3Si_6O_{27}(H,F)_4$, where $R = Fe^{2+}$, Mg, or (Al+Li):

One should purify *vaikrānta* by using the same process as described in case of *vajra* (diamond) above. Thereafter, the material should be heated up and cooled down by using horse-urine in sequence. Finally it should be allowed to cool down before being used. The experienced physicians use this material in place of *vajra*.

Discussion- The meaning of term '*vaikrānta*' is debated. Some argue that since it is capable and effective as *vajra* and as such it holds light-rays (*vaikranti*) only to remove diseases, it is called as *vaikrānta*. However, many other scholars, particularly the metallurgists believe that *vaikrānta* is name of a raw ore only. The author of *Rasajala Nidhi* suggests that since it deforms (*vikṛintayanti*) the iron it is called 'deformer', i.e. *Vaikrānta*.

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As a matter of fact it is only a deformed kind of *vajra*. Small wonder, it is also named as *jīrṇavajra* ('the old *vajra*'), *Kṣudra Vajra* ('the lesser type of *vajra*'), and *Kuvajra* ('the inferior kind of *vajra*').

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अथाभ्रशोधनम् । तत्राभ्रपर्यायाः–

अभ्रकं गिरिजाबीजममलं गगनाह्वयम् ।।२८।।

28. Incineration of Abhra i.e. Mica and its synonyms:

The mica is referred to as these names in Sanskṛit: *Abhraka*, *Girijābīj*, *Āmala* and all synonyms of the term *Ākāśa*.

Discussion- The names like *Abhraka*, *Abhra* or *Gaganāhvaya* signify the ether or space. Probably considering the space between various layers of mica pieces the scholars named this mineral as such. The term *Girijābījam* probably dignifies the fact that mica is found in the hills (*Giri*).

प्रशस्ताभ्रम–

तत्रकृष्णाभ्रके वज्रं पीतात्मनि तु ग्राहिकम् । सितात्मके तारकं स्याद्भीरुकं रक्तके वरम् ।।२९।।

29. Characteristics of perfect abhraka:

The mica type called *Vajrābhra* is best among the black mica pieces. The *Grāhika* type is best among the yellow mica-ore. The *Tāraka* kind is best among the white mica, while the one called *Bhīruka* is the best among the red mica.

सुप्रशस्तं कठोराङ्गं गुरु कज्जलसन्निभम् ।
यत्र शब्दायते वह्नौ नैवोच्छूनं भवेदपि । सदाकरसमुद्भूतं वज्रेति-प्रथितं घनम् ।।३०।।

30. The mica piece that is bright, strong, heavy in weight, blackish like *kajjala* in colour is fine in quality. The pieces that do not produce any sound nor blow up from within when heated and that have been obtained through best of the mines, are fine and good quality mica, called *Vajarābhraka*.

पिनाकं दर्दुरं नागं वज्रञ्चेति चतुर्विधम् । ध्मातमभ्रं दलचयं पिनाकं विसृजत्यलम् ।।३१।।
फूत्कारं भुजगः कुर्याद् दर्दुरं भेकशब्दवत् । चतुर्थञ्च वरं ज्ञेयं न वह्नौ विकृतिं व्रजेत् ।।३२।।
कुष्ठप्रदं पिनाकं स्याद्दर्दुरं मरणप्रदम् । नागं देहगतं नित्यं व्याधिं कुर्याद् भगन्दरम् ।।३३।।
रसे रसायने चैव योज्यं वज्राभ्रकं प्रिये ! । तस्माद्वज्राभ्रकं ग्राह्यं व्याधिवार्द्धक्यमृत्युजित् ।।३४।।

31-34. *Kṛiṣṇābhraka* type of mica can be further classified into four categories each named as *Pināka*, *Dardura*, *Nāga* and *Vajra*, respectively. *Pināka* mica gets

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scattered on getting heated. *Dardura* (literally a frog) mica jumps like frog once put on fire. The *Nāga* (=a snake) variety of mica produces the '*hissa*' sound on getting heated. But the *Vajra* mica would not get deformed and would not produce any sound. Thus the *Vajra* mica is the best one. The *pināka* variety of mica may lead to the disease *kuṣṭha*. The *dadru* variety may prove fatal while consuming the *nāga* type of mica would afflict the user with the disease *bhagandara* without doubt. Therefore, one should use only the *vajra* type of *abhraka* for medicinal recipes as well as for preparing a rejuvenating drug (*rasāyaṇa*).

Discussion - The mica can be first divided into four classes depending on their colours which are black, yellow, white and red. Further they are divided into four categories depending on their characteristics on getting heated. Thus the mica is of (4X4=) sixteen types in total. However, the *Vajra* type of black mica is the best among all these sixteen categories of the mineral.

अशुद्धाभ्रस्य दोषाः–

अशुद्धाभ्रं निहन्त्यायुर्वर्द्धयेन्मारुतं कफम् । अहतं छेदयेद् गात्रं मन्दाग्निक्रिमिवर्द्धनम् ।।३५।।

35. Demerits of impure abhraka:

The impure mica causes loss of longevity and increases the *vāyu* and *kapha* contents of the body. The un-incinerated mica can also penetrate into body tissues and can cause body-wounds and can increase worms in stomach. This is also capable to further the indisposition related to the loss of digestive power.

धान्याभ्रमाह–

पादांशशालिसंयुक्तमभ्रकं कम्बलोदरे । त्रिरात्रं स्थापयेन्नीरे तत् क्लिन्नं मर्दयेद् दृढम् ।।३६।।
कम्बलाद् गलितं श्लक्ष्णं वालुकारहितञ्च यत् । तद्धान्याभ्रमिति प्रोक्तमभ्रमारणसिद्धये ।।३७।।

36-37. On the Dhānyābhara:

One should take four parts of pure *vajrābhra* mica and one part of *śāli* paddy and bundle their mix into a piece of blanket. This pack should be hanged deep into water for three days and nights. Then the pack (*poṭṭalī*) containing mica and paddy should be rubbed and washed in water thoroughly. During the course of rubbing the pure mica pieces uncontaminated with sand particles would get sieved out through the blanket. One should collect the same and use it for incineration. This is also called *Dhānyābhara* owing to its association with '*Dhānya*' that is paddy.

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मतान्तरम्–

अगस्त्यपुष्पतोयेन पिष्टं शूरणकन्दगम् । गोष्ठभूमिगतं मासं जायते रससन्निभम् ।।३८।।

38. Difference of opinion:

One should prepare a *kalka* of mica pieces by churning them along with the juice of the flowers of *agastya*. This *kalka* should be put inside a piece of the *śūrṇakanda* (a giant vegetable species). This *kanda* is then buried undergruound for one month near the place where cows are kept chained. This process would make the mica a perfect one. It becomes as thin as the mercury.

Note - As a matter of fact this process is meant for melting of mica. It has been included here at this place probably due to some mistake.

अभ्रकमारणम्–

धान्याभ्रकं दृढं मर्द्यमर्कक्षीरैर्दिनावधि । वेष्टयेदर्कपत्रेण चक्राकारन्तु कारयेत् ।।३९।।
कुञ्जराख्ये पुटे दग्ध्वा सप्तवारान् पुनः पुनः । ततो वटजटाक्वाथैस्तद्वद्देयं पुटत्रयम् ।।४०।।
म्रियते नात्र सन्देहः सर्वयोगेषु योजयेत् ।।४१।।

39-41. Māraṇa (incineration) of the abhraka:

Soak and triturate the *Dhānyābhraka* (mica) into the latex of *arka* and properly macerate the same for one full day. Prepare a small ball of mica out of it. Wrap the ball with leaves of *arka* and put the pack inside a *gajapuṭa* and fire the same. Repeat this process of making mica ball and processing the same in *gajapuṭa* fire for seven consecutive times.

The same mica ball should be then triturated along with the decoction of the shoots of *vaṭa* tree. Prepare a small ball of mica out of it. Wrap the ball with leaves of *vaṭa* tree and put the pack inside a *gajapuṭa* and fire the same. Repeat this process of making mica ball and processing the same in *gajapuṭa* fire for thre consecutive times.

Then only the *abhraka bhasma* becomes perfect and fit for medicinal uses.

मारिताभ्रस्य गुणाः–

निश्चन्द्रं मारितं व्योम रूपं वीर्यं दृढां तनुम् । कुरुते नाशयेन्मृत्युं जरारोगकदम्बकम् ।।४२।।

42. Characteristics of purified abhraka:

The *Niścandra* (lusterless and with no metallic shine) variety of purified *abhraka bhasma* invigourates the get up and strength of the body and removes various ailments and halts premature death.

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Note -The *Niścandra* variety of mica is related to a particular and significant degree of its incineration. Unless this level of purity is achieved, the incineration process should not be discontinued.

Dose- The doses of *abhraka bhasma* range between 62-250 mg.

हरितालपर्यायास्तद्भेदाश्च–

हरितालं तालमालं मालं शैलूषभूषणम् । पिञ्जकं रोमहरणं तालकं पीतमित्यपि ।।४३।।
तालकं पटलं पिण्डंद्विधा तत्राद्यमुत्तमम् ।।४४।।

43-44. Synonyms and different types of Haritālas (Orpiment) (Yellow Arsenic = As_2S_3):

Haritāla or *Haratāla* is a compound of sulphur and *śankha viṣa* (arsenic).

Haritāla, *Tāla*, *Āla*, *Māla*, *Śailūśabhūśan*, *Piñjaka*, *Romaharaṇa*, *Tālaka*, and *Pīta* all these names are related to *Haratāla*. This is found in two shapes: *Pāṭala* and *Pinḍa*. The former is the best kind of *Haratāla* (orpiment).

Discussion- *Śailūśabhūśan* - This name to *Haritāla* denotes the fact that the hill-dwelling tribes (=*Śailuśa*) sport this mineral as illustration (= *bhuśan*) to their body. The name '*Romaharaṇa*' has been attributed to it owing to its capability to remove (i.e. *haraṇa*) the hairs of skin (=*Roma*). The names '*Piñjaka*' and '*Pīta*' denote the yellow colour of the *Haratāla*. The term '*Tālamāla*' (it should be better taken as a combined word) seems to underline the various layers of the material in context.

अशुद्धहरितालस्य दोषाः–

अशुद्धतालमायुर्घ्नं कफमारुतमेहकृत् । तापस्फोटाङ्गसङ्कोचान् कुरुते तेन शोधयेत् ।।४५।।

45. Demerits of impure Haritāla:

The impure *haratāla* reduces longevity and is capable to generate excessive *kapha* and *vāyu*. It can cause burning sensations, boils, *prameha* (urinary disorders including diabetes) and even body deformation. Therefore, one must use *haratāla* only after thoroughly purifying it.

Note- The natural *haratāla* (orpiment) contains the compound of arsenic, i.e. a kind of poison and sulphur. Thus, there can be no doubt that using it raw would produce harmful consequences.

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हरितालशोधनम्–

शुद्धंस्यात् तालकं स्विन्नं कुष्माण्डसलिले ततः । चूर्णोदके पृथक् तैले तस्मिन् पूते न दोषकृत् ।।४६।।

46. Incineration of the Haritāla:

To purify *haritāla*, one should reduce it to small pieces and swoon it through the *Dolā Yañtra* by putting the pieces into juice of the pumpkin (*kuṣmāṇḍa*), in water of lime and in sesame oil for three hours each in continuation. This process purifies the drug.

Note- The swooning process should involve all the three liquids as suggested above for three hours each. However, it should be watched that no part of *haritāla* gets melted into these liquids. Therefore, one should use only mild heating in the process, and the drug should be clean-washed properly through warm water each term so that the parts of liquids used are completely removed from *haritāla* substance.

हरितालमारणम्–

अम्लरोलीजलैर्भाव्यं तालं द्वादशयामकम् । तथैव निम्बुनीरेण ततश्चूर्णोदकेन च ।।४७।।
प्रक्षाल्य शाल्मलीक्षारैर्द्विगुणैः खातमध्यगम् । विधाय कवचीयन्त्रं बालुकाभिः प्रपूरयेत् ।।४८।।
द्वादशप्रहरं पक्त्वा स्वाङ्गशीतञ्च चूर्णयेत् । खादयेद् रक्तिकामेकां कुष्ठश्लीपदशान्तये ।।४९।।

47-49. The process of obtaining haratāla bhasma:

Treat the purified *haritāla* through *bhāvanā* process by using the juice of *śālmalī* for 36 hours, the lemon juice for the next 36 hours and finally using the lime water for another 36 hours. Following this the drug should be hanged and kept under the alkali (*kṣār*) of cotton silk tree (*śālmali*) kept into a *mūṣā* that is placed inside an earthen pot. The space that remains unfilled after placing the *mūṣā* inside the pot should be filled with sand. This pot should be heated on stove for thirty-six hours. Subsequently allow the the pot and *mūṣā* to cool and to obtain natural temperature. Finally obtain the *haritāla* pieces from the *mūṣā* and powder them. Use this drug in doses of 125 mg. This purified drug cures the diseases like *kuṣṭha* (skin diseases including leprosy) and elephantitis.

Note: These days the dose of *haritāla* is generally 32-64 mg.

सलक्षणमनःशिलायाः पर्यायाः–

मनःशिला च नैपाली शिलाह्वानागजिह्विका ।
मनोह्वा कुनटी गोणी करञ्जी करबीरिका । मनोह्वा त्वोड्रपुष्पाभा शस्यते सर्वकर्म्मसु ।।५०।।

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50. Characteristics and synonyms of the Manahśilā (Red Arsenic) (Realgar = As_2S_2):

Manahśilā, *Naipali*, *Śila*, *Nāgajihvikā*, *Manohvā*, *Kunaṭī*, *Goṇī*, *Karañjī* and *Karavīrikā*, these are all identical. The *Mainśilā* (another synonym) which is red like the flowers of *tvoḍra* (*guḍa hara*) plant is good for use in all purposes.

Note - *Manahśilā* is another compound of arsenic poison and sulphur. It is also produced artificially. The *manahśilā* that is to be purified should contain no part of stone in it. If stone- particles are noticed in the *manahśilā*, they should be removed by breaking the drug.

अशुद्धमनःशिलाया दोषाः–

मनःशिलामन्दबलञ्चनूनंकरोतिजन्तोःशुभपाकहीना।
मलन्तुबद्धंकुरुतेचनूनंसशर्करंकृच्छ्रगदंकरोति ।।५१।।
अश्मरीं मूत्रहृद्रोगमशुद्धा कुरुते शिला । मन्दाग्निं मलदुष्टिश्च शुद्धा सर्वरुजाऽपहा ।।५२।।

51-52. Demerits of impure Manahśilā:

The impure and unprocessed *manahśilā* (red arsenic) cause the loss of strength, loss of appetite, diseases like diahorrea, constipation, *śarkara* (i.e. urinary disorders including diabetes) and dysurea. It can also cause stone, heart diseases and contamination of *mala* (problems of gastrointestinal tract). On the other hand, the purified *manahśilā* destroys all the indispositions and ailments.

Discussion- Impure *manahśilā* contains arsenic that cause heart problems. It also contains raw sulphur that produces loss of vigour and indigestion. The diseases like *śarkara* (i.e. urinary disorders including diabetes), dysurea and stone are affected through various stone particles in the compound in context. Since they appear alien to the body tissue of human beings, they are not absorbed in our body system and as consequence produce diseases.

मनःशिलाशोधनम्–

जयन्तीभृङ्गराजोत्थैः रक्तागस्त्यरसैः शिला ।
दोलायन्त्रे दिनं पाच्या यामं छागस्य मूत्रके । क्षालयेदारनालेन सर्वरोगेषु योजयेत् ।।५३।।

53. Purifying the Manahśilā:

Obtain the juice of *jayantī* or *bhṛingarāja* or the red *agastya* or the urine of a goat. Boil the *manahśilā* particles in any of these liquids for one day or for three

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hours (in case of using goat-urine) in *Dolā Yañtra*. Thereafter wash it through *kānji*. Now the *manahśilā* is pure and fit for medicinal uses.

Note - One can even use all the above liquids and boil the drug in each of them in sequence. However, it is essential that finally the *manahśilā* be washed through *kānji*. The purified drug can be taken in doses ranging between 8 mg. to 32 mg. depending on the age and strength of the individual in question.

खर्परशोधनम्–

खर्परः परिसन्तप्तः सप्तवारान् निमज्जितः । निम्बुबीजरसे चान्तर्निर्मलत्वमवाप्नुयात् ।।५४।।

54. Purification of Kharpara (Zinc Carbonate = $ZnCO_3$):

Heat *kharpara* to red hot level and cool it down in lemon juice for seven consecutive terms. This process purifies the *kharpara* thoroughly.

तस्य मारणं गुणाश्च–

खर्परं पारदेनैव बालुकायन्त्रगं पचेत् ।
चूर्णयित्वा दिनं यावच्छोभनं भस्म जायते । नेत्ररोगहरः क्लेदी क्षयहा खर्परो गुरुः ।।५५।।

55. On Incineration of kharpara (and its merits):

Take equal part of the purified *kharpara* powder and *pārada* and macerate their mixture. Keep it in a mud smeared bottle and swoon it through *Bālukā Yañtra* for whole day. This process thus produces good quality of *bhasma* of *kharpara*. This can be profitably used in removing diseases like tuberculosis and various eye-related ailments. This *Bhasma* is heavy to digest and is *kaledi* in property (i. e. having quality to exude sticky materials from the body).

Discussion - The glass bottle in which *kharpara* (zinc) powder is kept for incineration should remain open mouthed. The *Bālukā Yañtra* in which the glassware is kept should be heated so long as the *pārada* mixed in it gets evaporated and no *pārada* particles are noticed at the top of the bottle. The common dose of the *kharpara bhasma* ranges between 62-250 mg.

सपर्य्यायतुत्थशोधनमारणम्–

तुत्थकं तु शिखिग्रीवं हेमसारं मयूरकम् ।।५६।।
अहिरिपुगलरूपंस्वाज्यगोदुग्धवर्णं–रविसदृशमथस्यादायसे घर्षितंयत् ।
शिखिरजतकपोतज्योतिरम्भोनिमग्नंभवति यदपि तुत्थं श्रेष्ठमुक्तं तदेव ।।

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56. Synonyms of Tuttha (Copper Sulphate = $CuSO_4 7H_2O$) and the process of its purification and incineration (māraṇa):

The *tutthak* (copper sulphate) is also called by *Tutathaka*, *Śikhīgrīva*, *Hemasāra* and *Mayūrakam* in Ayurveda.

Note - This is a chemical compound obtained through processing the sulphuric acid over the copper. The copper sulphate that reflects colour similar to the neck of a peacock (*mayūra*) and is heavy in weight is best one.

गन्धकेनसमंतुत्थं तुत्थार्द्धेनार्द्धयामकम् । वान्तिभ्रान्ती यदा न स्तस्तदा सिद्धिं विनिर्दिशेत् ।।५७।।

57. Two parts of the *tutha* (copper sulphate) and one part of sulphur should be macerated together and mixed. This mix should be heated through the *puṭa* process for one hour and a half. Then one should taste the drug and if it does not produce vomiting, giddiness and the like store it for use. If taking a small quantity of the drug generates vomitting and giddiness, one should repeat the *puṭa* process till the desired level of the drug is achieved.

Note- Generally repeating the *puṭa* process for three times incinerate the *tutha*. The general dose of this purified drug is between 16-32 mg. If one has to vomit, one can consume greater amount, i.e. 250-625 mg.

This drug is very useful in treating pyorrhea and syphilis. This is also used externally to check various types of scabies and diseases of eye-leads.

गुणाः–

तुत्थं सकटुकक्षारं कषायं विशदं लघु । लेखनं भेदि चक्षुष्यं कण्डूकृमिविषापहम् ।।५८।।

58. Characteristics of purified tutthaka:

The *tuthaka* (copper sulphate) has an unpleasing taste of alkali and is bitter. This is capable to penetrate into the body and to remove ringworms. It is easy to digest and very effective in curing eye-diseases, scabies and ailments generated by worms and poison, etc.

विमलशुद्धिः–

जम्बीरस्य रसैः स्विन्नो मेषशृङ्गीरसैस्तथा । रम्भातोयेन वा पाच्यं घस्त्रं विमलशुद्धये ।।५९।।

59. Incineration of Vimala (Iron Pyrite = Fe_2S_3)

The incineration of *vimala* (iron pyrite) is achieved by swooning it through *Dolā Yañtra* along with the juices of *jambīra*, *meṣaśṛingī* and the roots of banana

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tree in sequence for three consecutive days. Each juice should be used for one day in sequence.

माक्षिकशोधनं, तत्रादौ तस्य नामानि–

माक्षिके धातुमाक्षिकं तप्तं तापीसमुद्भवम् । गरुडो माक्षिकः पक्षी वृहद्वर्ण इति स्मृतः ।।६०।।

60. Purification of Mākṣika (Pyrite) and its synonyms:

The chalco pyrites is referred to in Ayurveda by such names as *Mākṣika*, *Dhātu Mākṣika*, *Tapta*, *Tāpīsamudbhava*, *Garuḍa*, *Pakṣī*, *Vṛihadvarṇa*, etc.

Note - These names have been suggested to chalco pyrites on the basis of its qualities, shape, kinds and places of origin.

अस्य लक्षणम्–

भङ्गेसुवर्णसङ्काशो मनाक् कृष्णच्छविर्बहिः । बृहद्वर्ण इति ख्यातो माक्षिकः श्रेष्ठ उच्यते ।।६१।।

61. Characteristics of purified mākṣika:

The piece of chalco pyrites that is clayish in color from exterior and golden color within is called *Vṛihadvarṇa*. This is the best quality of pyrites.

अशुद्धमाक्षिकदोषाः–

मन्दाग्निं बलहनिञ्च व्रणं विष्टम्भगात्ररुक् । कुरुते माक्षिको मृत्युमशुद्धो नात्र संशयः ।।६२।।

62. The impure *mākṣika* causes, without doubt the loss of appetite and strength. It produces scabies, constipation and body pains and it may even lead to death.

माक्षिकशोधनम्–

माक्षिकस्य त्रयो भागा भगैकं सैन्धवस्य च । मातुलुङ्गद्रवैर्वाऽथ जम्बीरोत्थद्रवैः पचेत् ।।६३।।
लौहपात्रेपचेत्तावल्लौहदर्व्या च चालयेत् । भासवर्णमयो यावत् तावच्छुध्यति माक्षिकम् ।।६४।।

63-64. Purification of Mākṣika

Obtain pyrites in three parts and rock salt in one part and mix both of them. Put the mix into an iron saucepan and pour the juice of *jambīra* lemon over it so that the mix is drowned by it. The saucepan should be now kept over the stove and one should stirr the preparation repeatedly through an iron spoon. When the iron saucepan becomes as hot as to reflect bright red color, it should be removed from the stove. This process refines the pyrites.

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शुद्धमाक्षिकस्य गुणाः–

माक्षिकं तिक्तमधुरं मेहार्शःक्रिमिकुष्ठनुत् । कफपित्तहरं बल्यं योगवाहि रसायनम् ।।६५।।

65. Characteristics of purified mākṣika:

The pyrites is bitter and sweet in taste but it removes the diseases like *meha* (i.e. urinary disorders including diabetes), piles, *kuṣṭha* (skin diseases including leprosy) and indispositions related to worms and the disorder of *kapha* and *pitta*. This is a *yogavāhi* substance and is an invigourating *rasāyaṇa*.

Note -The pyrites is taken in doses ranging between 62-250 mg. in weight.

सपर्यायकाशीशोधनम्–

काशीशं धातुकाशीशं खेचरं दन्तरञ्जनम् । सकृद्भृङ्गाम्बुनस्विन्नं काशीशं निर्मलं भवेत् ।।६६।।

रसजलनिधिकार–

सितं पीतं हरिच्छ्यामं काशीशं हि चतुर्विधम् । सितं हि वालुकापूर्वं, पीतं पुष्पाद्यमेव च ।।

तदेव पद्मकाशीशं, कदाचित् कथ्यते जनैः । काशीशं हरिताद्यस्ति सुकरं सुलभं तथा ।।

काशीशं श्यामपूर्वकं, धातुकाशीशमुच्यते । मुक्तकाशीशसंज्ञञ्च तदेव ज्ञायते बुधैः ।।

66. Purification and synonyms of Kāśīśa (Green Vitriol) (Ferrous Sulphate = Fe SO_4 $7H_2O$):

The green vitriol is called by *Kāśiś*, *Ḍhātukāśiś*, *Khecara* and *Danta Ranjana*. It is purified simply by swooning it along with the juice of *bhṛinga*.

Note - The vitriol is a compound that is obtained through processing sulphuric acid on iron. The *Rasajalanidhi* suggests four kinds of *kāśīśa*. The text *Rasakāmdhenu* suggests three kinds of vitriol: *śukla*, *puṣpa* and *lauha*, i.e. white, yellow and black in that order. The work *Rasārṇava* also refers to these three types. However, as per the modern views, vitriol is used only in two kinds: the white and the yellow varieties. The both are soluble in water. Therefore, mouth of the beaker containing vitriol and juice of *bhṛinga* should be strained with a filter paper after boiling the drug. The vitriol content thus get deposited over this paper. It should be gathered after drying the paper in sun or over a slow heat.

गुणाः–

काशीशं निर्मलं स्निग्धं श्वित्रनेत्ररुजाऽपहम् । पित्तापस्मारशमनं रसवद् गुणकारकम् ।।६७।।

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67. Characteristics of purified kāśiś:

The *kāśiś* is oily and clean in composition. It is a very effective substance and capable to remove *kuṣṭha* (skin diseases including leprosy), several eye-diseases, *pitta*-disorder and epilepsy.

Note – Green vitriol should be taken in 62-250 mg. doses.

कान्तपाषाणनामानि–

राजपट्टं महापट्टं शिखिग्रीवं विराटकम् ।।६८।।

68. Synonyms of kāntapāṣāṇa i.e. magnet stone:

The magnet stone is referred to by such names in Ayurveda as *Rājapaṭṭa*, *Mahāpaṭṭa*, *Śikhigrīva*, *Virāṭaka* and *Kāntapāṣāṇa*.

Note- The iron magnet is obtained by melting the magnet stone. Pure magnet stone these days are found in America only.

कान्तपाषाणशुद्धिः–

चूर्णितं कान्तपाषाणं महिषीक्षीरसंयुतम् । विपचेदायसे पात्रे गोघृतेन समाहितम् ।।६९।।
लवणे च तथा क्षारे शोभाञ्जनरसे क्षिपेत् । अम्लवर्गस्य तोयेन दिनं घर्मे विभावयेत् ।।७०।।
तथैव दोलिकायन्त्रे द्विवारं पाचयेत् सुधीः । कान्तपाषाणशुद्धौ तु रसकर्म समाचरेत् ।।७१।।

69-71. Purification of kāntapāṣāṇa:

One should cook the magnet stone in an iron pan after treating it with the buffalo milk and cow-*ghṛita*. Following that the stone should be soaked into the juice of *śobhānjana*, alkali and *lavaṇa*. After that the stone should be processed through *bhāvanā* method (saturating it) along with some citrus juice. The following day, the stone pieces shoud be cooked twice along with the same kind of citrus juice. The magnet stone processed as such can be used for medicinal purposes.

Discussion - The cooking of stone could be continued for six hours instead of cooking it twice. The *Rasamañjarī* suggests that the cooking should continue for a daylong period. It also suggests using the three alkalis, namely *savrjikṣāra*, *tañkaṇakṣāra* and *yavakṣāra* to treat the magnet stone. Similarly it prescribes use of three kinds of salt (rock-salt, *sauvarcala* and black-salt) in place of using only rock-salt. The *Rasaratnākara* also suggests use of three alkalis and salts.

After the stone is refined through above process, the same should be powdered using the incineration method prescribed for *lauha bhasma*. One can

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also use the *puṭa* process to purify the stone after macerating and saturating it in decoction of *triphalā* herbs and cow-urine.

The dose of the *bhasma* of magnet stone is usually up to 250 mg. in measure.

वराटिकालक्षणानि–

पीताभाग्रन्थिला पृष्ठे दीर्घवृन्ता वराटिका । सार्द्धनिष्कभरा श्रेष्ठा निष्कभारा च मध्यमा ।।७२।।
पादोननिष्कभारा च कनिष्ठा परिकीर्त्तिता । रसवैद्यैर्विनिर्दिष्टा सा वराटकसंज्ञिका ।।७३।।

72-73. Characteristics of Varāṭikās (Cowry = Ca CO_3):

The good quality of *Varāṭikā* is one that is yellow in colour, moulded in the back and having a large size rim. The cowries that weigh about one and half *niṣka* are best one while those weighing only one or three quarters of *niṣka* are considered of medium and inferior qualities respectively.

Discussion - The cowries are available in three colours, namely, yellow, white and gray. The yellow cowries are best while the white and gray ones are considered of medium and inferior qualities respectively. One should try to use the best quality of *Varāṭikā* only and the use of the one below 3/4 *niṣka* in weight must be avoided.

वराटिकायाः शुद्धिर्गुणाश्च–

वराटी काञ्जिके स्विन्ना यामाच्छुद्धिमवाप्नुयात् ।
परिणामादिशूलघ्नी क्षयहा ग्रहणीहरा । कटूष्णा दीपनी वृष्या तिक्ता वातकफापहा ।।७४।।

74. Incineration and merits of the purified Varāṭikās:

The *Varāṭikā* is purified only when fomented along with *kānji* for three hours. The (powder of) cowries are effective in checking peptic ulcer, consumption, sprue and disorders related to *vāta* and *kapha*. This is also capable to promote digestive and aphrodisiac powers of the user as well. Its taste is bitter and it is hot in its effect.

अञ्जनशुद्धिः–

नीलाञ्जनं चूर्णयित्वा जम्बीरद्रवभावितम् । दिनैकमातपे शुद्धं ततः कार्यषु योजयेत् ।।७५।।

75. Incineration of Nīlāñjana:

The *nīlāñjana* can be easily purified by saturating its powder in the juice of *jambīra* lemon and processing the recipe through *bhāvanā* method for one whole day and subsequently drying the preparation under sun for another day. Thus processed, *nīlāñjana* can be used for medicinal purposes.

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हिङ्गुलपर्यायाः–

हिङ्गुले हिङ्गुलुर्याति दरदः शुकतुण्डकः । रसगन्धकसम्भूतो हिङ्गुलो दैत्यरक्तकः ।।७६।।

76. Synonyms of hiñgula (red sulphide of mercury) (Cinnabar = HgS):

The synonyms of hiñgula include Hiñgulu, Darada, Śukatuṇḍaka, Rasa Gandhaka Sambhūta and Daitya Raktaka.

Note - The various synonyms of hiñgula denote the divergent qualities and characteristics of the matter. It is created by the compound of sulphur and mercury, hence its name Rasa (= mercury) Gandhaka (= sulphur) Sambhuta (= generated). Daitya Raktaka is a variety of hiñgula that is found along with coralline. The same matter is referred to as the steel ore today.

हिङ्गुलशोधनम्–

दरदं दोलिकायन्त्रे पक्वं जम्बीरजैर्द्रवैः । सप्तवारमजामूत्रैर्भावितं शुद्धिमेति हि ।।७७।।

77. Purification of hiñgula:

The *hiñgula* (red sulphide of mercury) is purified by swooning it in the juice of *jambīra* lemon in *Dolā Yañtra* followed by its *bhāvanā* treatment for seven times after getting it triturated in the goat-urine.

शुद्धहिङ्गुललक्षणं गुणाश्च–

बिम्ब्याभं हिङ्गुलं दिव्यं रसगन्धकसम्भवम् । मेहकुष्ठहरं रुच्यं बल्यं मेधाऽग्निवर्द्धनम् ।।७८।।

78. Characteristics and merits of purified hiñgula:

The best type of *hiñgula* produced by the compound of mercury and sulphur is as red in colour as is the *bimbī* fruit. The purified *hiñgula* removes the disease of *meha* (i.e. urinary disorders including diabetes) and *kuṣṭha* (skin diseases including leprosy). It promotes the digestive power, intellect, strength and appetite.

Note - Its dose is between 62-125 mg.

शिलाजतुशोधनम्, तत्रादौ तस्य नामानि–

शिलाजतुनि शैलेयमद्र्यं गिरिजमश्मजम् । धातुजमश्मजतुकं शैलजं चाश्मसम्भवम् ।।७९।।

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79. Synonyms of Śilājita (Black Bitumen) and its purification:

The bitumen is famous (in Ayurveda) by such names as Śilājātu, Śaileya, Adrya, Girijā, Aśmaja, Dhātuja, Aśmajatuka, Śailaja, Aśmasambhava, etc.

Note - All the above names underline the connection between bitumen and the hills. In reality, this is an oily matter generated around hill-stones.

तच्छुद्धिः–

गोदुग्धत्रिफलाभृङ्गद्रवैः पिष्टं शिलाजतु । दिनैकं लोहजे पात्रे शुद्धिमायात्यसंशयम् ।।८०।।

80. Purification of Śilājita:

To purify the *śilājatu*, one should prepare its *kalka* using the cow-milk and get it dried in sun for a daylong period. Thereafter this process should be continued for another two days using the decoction of *triphalā* herbs and the juice of *bhringa* consecutively in turns, in place of cow-milk.

Note - Being found in stony surfaces, it is natural that *śilājātu* contains several stone particles in it. Thus it is essential that these particles be removed from it before its medicinal use.

In general, the *śilājātu* can also be purified as the process given below. Make small pieces of *śilājātu* and keep them into an iron or earthen pot. Pour a double amount of very hot water into it and collect the floating concentrated part. (One can use the decoction of *triphalā*, cow-urine, and decoction of *daśamūla* in place of water.) Strain the concentrate and dry the *śilājātu* pieces in hot sun. To remove alien particles from the drug one should water-wash it time and again and dry the same in sun.

शुद्धशिलाजतुगुणाः–

शिलाजतु भवेत् तिक्तं कटुकञ्च रसायनम् । क्षयशोथोदरार्शांसि हन्ति बस्तिरुजां जयेत् ।।८१।।

81. Characteristics of purified śilājatu :

The *śilājātu* is a chemical that is bitter and pungent in taste. The purified *śilājātu* is capable to cure consumption, piles, inflammation and pain in stomach and lower abdomen.

Note - The dose of *śilājātu* is between 250-1000 mg.

सौवीरादिशोधनम्–

सौवीरं टङ्कणं शङ्खं कङ्कुष्ठं गैरिकं तथा । एते वराटवच्छोध्या भवेयुर्दोषवर्जिताः ।।८२।।

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82. Purification of Sauvīra and the like matters:

The *Sauvīra*, *Tañkaṇa*, *Śankha*, *Kankuṣṭha*, *Gairika*, etc. are purified through the method prescribed in the case of *Varāṭikā* above.

Note - The name *Sauvīra* (literally meaning 'from the Suvira region') is a silver-white metal that breaks easily). It has been called so as its famous mine is situated at a place near Jhelum river which is called *Survira* region. As regards the term *Kankuṣṭha*, use of this term remains elusive as yet. It may be a sub-metal of the *vanga* or a herbal product. The *Gairika* is an ore of iron. It is of two kinds: one which has a hard surface and is copper red in colour; the other has a smooth surface and is dark red in complexion. The former is called *Pāṣāṇa Gairika* while the other, *Svarṇa Gairika*. For medicinal use, one should take only the *Svarṇa Gairika*.

कङ्कुष्ठादीनां शोधनम्–

कङ्कुष्ठंगैरिकंशङ्खं काशीशं टङ्गणं तथा । नीलाञ्जनं शुक्तिभेदाः खुल्वकाः सवराटकाः ।।८३।।
जम्बीरवारिणास्विन्नाःक्षालिताःकोष्णवारिणा । शुद्धिमायान्त्यमीयोज्याभिषग्भिर्योगसिद्धये।।८४।।

83-84. Purification of Kankuṣṭha (extract if Gambose tree) and the like matters:

The *kankuṣṭha*, *gairika*, *śankha* (counch-shells), *kāśīśa* (green vitriol), *tañkaṇa* (borax), *nīlanjana*, *śukti bheda* (oyster-shell), *varāṭaka* (cowries), snail-shells, etc. are easily purified by swooning them in *Dolā Yañtra* along with the juice of *jambīra* and a subsequent hot water washing. The physicians are advised to use only purified form of these matters.

Note - The *kankuṣṭha*, *Kāśīśa* and *tañkaṇa* are soluble in water. Therefore, they should be only swooned.

टङ्गण क्रामणष्टङ्गः सम्यक्क्षारश्च पाचनः । सुभगो मालतीजातो द्रावी लौहविशुदिः ।।८५।।

85. The borax is called by such terms as Tañkaṇa, Krāmaṇa, Tañga, Samyakkṣāra, Pāchana, Subhagā, Mālatī, Jāta, Drāvi and *Lauha*viśuddhi.

टङ्गणशुद्धिः–

आदौटङ्गणमादाय काञ्जिकाम्ले विनिक्षिपेत् । एकरात्रात् समुद्धृत्य रौद्रयन्त्रे विभावयेत् ।।८६।।
नरमूत्रगतं टङ्गं गवां मूत्रगतं तथा । दिनान्ते तत् समुद्धृत्य जम्बीराम्बुगतं ततः ।।८७।।
जम्बीराम्लात्समुद्धृत्य नारिकेलस्य पात्रके ।
मरिचचूर्णसंयुक्तं क्षालयेच्छीतलाम्बुना । एवं टङ्गं समादाय सर्वरोगेषु योजयेत् ।।८८।।

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86-88. Purification of Tañkaṇa (Borax = $Na_2 B_4O_7 10H_20$):

Soak the borax into *kānji* for overnight and dry it in the sun the following day. Thereafter apply the *bhāvanā* process to it by using the juice of *jambīra* lemon, human urine and cow-urine each for three consecutive nights. After that, the borax should again be soaked into the juice of *jambīra* lemon. After some time, it should be separated from the lemon juice and be kept into a coconut shell. Finally the borax should be washed in cold water treated with small quantity of black pepper. The borax, thus purified could be used for all medicinal purposes.

Discussion - Now days, the purification of *tañkaṇa* is performed only through roasting it in fire. However, before fire-treating the borax it should be refined as the method given below. Obtain one part of borax and 24 parts of water and solve the matter into it. Then dry up the water by heating the mix on fire. The purified borax is used in doses ranging between 250-100 mg.

गुणाः–

टङ्गणोऽग्निकरो रूक्षः कफघ्नो रेचनो लघुः ।।८९।।

89. Merits of purified tañkaṇa:

The *tañkaṇa* (borax) is listless in taste. Nevertheless, it promotes digestion and destroys excessive *kapha*. It is a good laxative. It is easy to digest also.

शङ्खशोधनम्–

90. Purification of Śaṅkha:

Obtain 48 gm. of *śankha* (powder of counch-shell) and mix it with 2 gm. worth borax. Prepare a *kalka* of the mix and place the same into *Andha Mūṣā* and stir the mix thoroughly using a *Danḍa Yañtra* (baton like instrument). The *Śankha Bhasma* is thus prepared.

शुद्धशङ्खगुणः–

शङ्खः सर्वरुजां हन्ति विशेषादुदरामयम् । शूलाम्लपित्तविष्टम्भ-मेहहृद् वह्निदीपनः ।।९१।।

91. Merits of purified śankha:

The counch-shell is capable to remove all the diseases. Particularly those related to the *udara* (gastro intestinal tract). It removes the colic pain, acidity, constipation and *meha* (urinary disorders including diabetes). It is a great appetizer as well.

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Note- The *śankha bhasma* should be consumed in doses of 250 mg.

स्वर्णादिशोधनम्–

हेमादिलौहकिट्टान्तं शोधनं मारणं शृणु । तैले तक्रे गवां मूत्रे काञ्जिकेऽथ कुलत्थजे ।।९२।।
तप्ततप्तानि सिञ्चेत तत्तद्द्रावे च सप्तधा । एवं स्वर्णादिलौहानि शुद्धिमायान्त्यसंशयम् ।।९३।।

92-93. Purification of metals like Gold (Aurum = Au):

Now the process to purify and incincerate metals like gold, *lauhakīṭṭa*, etc. is described. These metals are purified by heating them on fire and cooling them in oil, buttermilk, cow-urine, *kānji* and decoction of *kulattha* beans in sequence. This process is to be repeated seven times in a row using all the five ingredients noted above.

Note- The process described above is meant for simple purification. For complete incineration this process is not sufficient. For complete refinement, the above process is to be followed by further incineration methods.

अशुद्धामृतस्वर्णस्य दोषाः–

सौख्यं वीर्य्यं बलं हन्ति नानारोगं करोति च । अशुद्धममृतं स्वर्णं तस्माच्छुद्धन्तु मारयेत् ।।९४।।

94. Demerits of impure and unprocessed svarṇa:

Gold without refinement and purification is harmful as it deposes comforts, vigour and strength and produces different diseases. Therefore, the gold should be first refined and then processed for incineration.

स्वर्णशोधनम्–

वल्मीकमृत्तिका धूमं गैरिकं चेष्टका पटु । इत्येता मृत्तिकाः पञ्च जम्बीरैरारनालकैः ।।९५।।
पिष्ट्वा लेप्यं स्वर्णपत्रं पुटेन तु विशुध्यति । धारयेत् स्वर्णपत्रीभिस्त्रिदिनं पञ्चमृत्तिकाः ।।९६।।

95-96. Purification of svarṇa i.e. gold:

The soil obtained from the ant-hill (*vālmīka*), the black soil (*dhūma*), the morrom (*gairika*), the dust of backed bricks (*iṣṭaka*) and the soil obtained from the arid zones (*paṭu*), all these make the group of 'five soils'. They all should be compounded into a *kalka* using the juice of *jambīra* lemon and *kānji*. This *kalka* should be coated over the flakes of gold. The flakes should be processed through *puṭa* method. This purifies the gold. However, the *kalka* of five soils should remain coated over the gold plate for three full days before it is *puṭa*- processed.

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स्वर्णमारणम्–

शुद्धसूतसमस्वर्णं खल्लकृत्वा तु गोलकम् । ऊर्ध्वाधोगन्धकं दत्त्वा सर्वतुल्यं निरुध्य च ।।९७।।
त्रिंशद्वनोपलैर्दद्यात् पुटान्येवं चतुर्दश । निरूत्थं जायते भस्म गन्धो देयः पुनः पुनः ।।९८।।

97-98. Māraṇa of svarṇa:

Take equal parts of gold and *pārada* and triturate them into a hand stone-mortar (*khalla*) and prepare a ball out of it. Obtain sulphur powder in weight equal to the ball and coat the ball with it. Fire the ball under a heap of thirty (dried) cow dung cakes. This process should be repeated fourteen times and equal weight of sulphur is to be employed during each turn. This process produces *nirutha* (good quality of) *Svarṇa bhasma*.

Discussion - Some theorists suggest mixing mercury and sulphur in equal parts during each of the 14 times of heating noted above. Others suggest that the amount of mercury should be reduced each time, by rate of 1/16th. The juice of lemon has not been referred to in the method above. However, as the work *Āyurveda Prakāśa* advocates, one should employ the lemon-juice here even when no reference to it has been noted by the writer of the work. Other theorists also suggest the use of lemon-juice as its acidic quality expedites the process of incineration without doubt.

शुद्धस्वर्णगुणाः–

कषायतिक्तमधुरं सुवर्णं गुरु लेखनम् । हृद्य रसायनं बल्यं चक्षुष्यं कान्तिदं शुचि ।।९९।।
आयुर्मेधावयःस्थैर्य-वाग्विशुद्धिस्मृतिप्रदम् । क्षयोन्मादगराणाञ्च कुष्ठानां नाशनं परम् ।।१००।।

99-100. Merits of purified svarṇa:

The gold is astringent, bitter and sweet in taste. It is heavy and purgative (*lekhan*) and fit for heart as a *rasāyaṇa*, invigourating and beneficial for the eyesight. It helps the skin to glow. This is austere, strengthening to life and the intellect. It develops sophistication to the speech organs and to the memory-power of the users. It also destroys such diseases as consumption, insanity, poisoning and various types of *kuṣṭha* (skin diseases including leprosy).

Note - The dose should be limited to 16-62 mg. Some theorists suggest the limit to this dose up to 32 mg.

शुद्धरजतलक्षणम्–

दग्धोत्तीर्णं सुशीतं यन्निर्मलं कुन्दसन्निभम् । गुरु स्निग्धं कुमारञ्च तारमुत्तममिष्यते ।।१०१।।

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101. Characteristics of pure Rajat (Silver) (Argentinum = Ag):

The type of silver that (after being baked in fire and cooled) appears quite clear and as white as the flowers of *kunda*; that which is heavy in weight, smooth and soft on surface is the best variety of silver.

अशुद्धरजतदोषाः–

आयुः शुक्रं बलं हन्ति रोगसङ्घं करोति च । अशुद्धञ्चामृतं तारं शुद्धं मार्यमतो बुधैः ।।१०२।।

102. Demerits of impure rajat (silver):

Impure and un-incinerated silver reduces longevity, strength and vigour and produces groups of diseases, therefore one must purify and incinerate the metal before employing it to medicinal uses.

रजतशोधनम्–

नागेन क्षारराजेन द्रावितं शुद्धिमृच्छति । रजतं दोषनिर्मुक्तं किंवा क्षाराम्लपाचितम् ।।१०३।।

103. Purification of rajat:

The raw silver is refined by mixing it with lead and borax and smelting them together. Following this the silver is separated and is subsequently cooked in some acid and citrus liquid. Thus, silver could be refined.

रजतमारणम्–

माक्षिकं गन्धकञ्चैवमर्कक्षीरेण मर्दयेत् । तेन लिप्तं रूप्यपत्रं पुटेन म्रियते ध्रुवम् ।।१०४।।

104. The māraṇa process to incinerate the rajat:

To purify and incinerate silver foils, get them *kalka*- pasted with a concentrate of the mix of *mākṣika* and sulphur triturated along with the latex of *arka*. The *kalka*- pasted silver foils should be heated through the *puṭa* method.

Note- One should use sulphur in a part equal to the silver while the *mākṣika* should be taken in a quantity one-fourth to it.

शुद्धरजतगुणाः–

शीतं कषायं मधुरमम्लं वातप्रकोपजित् ।
दीपनंबलकृत् स्निग्धं गुल्माजीर्णविनाशनम् । आयुष्यं दीर्घरोगघ्नं रजतं लेखनं स्मृतम् ।।१०५।।

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105. Merits of purified rajat:

The silver is sour, sweet and citrus in taste. It is smooth in texture. Effect wise, it promotes the digestive power, vigour and longevity. It removes such diseases as indigestion, abdominal swelling (*gulma*), etc. It is *lekhan* (stimulating) in effect and it also checks the chronic diseases.

Note- The dose of the silver *bhasma* is generally between 32-125 mg.

ताम्रशोधनं, तत्रादावशुद्धताम्रदोषाः–

नविषं विषमित्याहुस्ताम्रञ्च विषमुच्यते । एको दोषो विषे त्वष्टौ दोषास्ताम्रे प्रकार्त्तिताः ।।१०६।।
भ्रमो मूर्च्छा विदाहश्च उक्लेदशोषवान्तयः ।
अरुचिश्चित्तसन्ताप एते दोषा विषोपमाः । तस्माद्विशुद्ध ताम्रं हि ग्राह्य रोगोपशान्तये ।।१०७।।

106-107. Purification of Tāmra (Copper) (Cupram = Cu) and demerits of impure tāmra:

Poison is not single, the raw copper is also poison and deadly one. While the poison contains one single demerit in it, there are eight poison-like demerits in the raw copper. It produces giddiness, fainting, burning sensation, tiredness, consumption, vomiting, loss of appetite and heart burning, etc. Therefore, only after refining and incinerating it, the physician should use copper.

Discussion - In suggesting copper as more dangerous than poison, the author has not exaggerated the case. The killing effect of copper can be easily noticed by putting small pieces of this metal into a well contaminated by worms. The worms are rapidly killed as the copper pieces chemically react with water. Noticing this quality of the metal, ancient Ayurvedic theorists have suggested use of copper pots to keep water free of worms.

ताम्रशुद्धिः–

पटुना रविदुग्धेन ताम्रपत्राणि लेपयेत् । अग्नौ सन्ताप्य निर्गुण्डीरसे सिञ्चेत् पुनः पुनः ।।१०८।।

108. Refining the Tāmra (copper):

Prepare a *kalka* of the powered rock-salt treated in the latex of *arka* and coat it over the copper foils. Then heat up the plates and cool them down using the juice of *nirgundī*. By repeating this process for seven times, the copper foils are refined.

ताम्रमारणम्–

जम्भाम्भसा सैन्धवसंयुतेन सगन्धकं स्थापय शुल्वपत्रम् ।
पक्वायमानं पुटयेत् सुयुक्त्या वान्त्यादिकं यावदुपैति शान्तिम् ।।१०९।।

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109. The māraṇa (incineration) process for the refined tāmra (copper):

Obtain one part each of rock salt and sulphur and prepare a *kalka* of the mix by churning it along with juice of *jambīra* lemon. Coat the *kalka* over copper flakes and put it in the bottom of an earthen pot. Keep a small plate inside the pot to cover the copper flakes at the bottom of the pot. Seal the jonts of the plates and fill up the remaining part of the earthen pot with sand. Heat up the pot till the oxydum of the metal is obtained. Subsequently the oxydum should be cooked through the *puṭa* process along with the *Pañca Gavya*. The *Pañca Gavya* is combinaion of the dung, urine, milk, curd and clarified butter of a cow.

Discussion: Finally one should wash the metal in water repeatedly to remove the contamination of the rock-salt used in the above process. Some physicians use ashes in place of sand in the process. Similarly many persons employ *Pañcāmṛitā* in place of the *Pañca Gavya* in the method.

शुद्धताम्रगुणाः–

वान्तिभ्रान्तिविवर्जितं क्षयरुजाकुष्ठानिपाण्ड्वामयं शूलं मेहगुदाङ्कुरानिलगदानुक्तानुपानैर्जयेत् ।
गुञ्जामात्रमिदंततोद्विगुणितंतच्छुद्धकायेनचेद्भुक्तं
स्थौल्यजराऽपमृत्युशमनंपथ्याशिनावत्सरात् ।।११०।।

110. Merits of purified tāmra:

The copper thus incinerated is capable to remove vomitting tendency, giddiness, etc. If taken in such small doses equal to weight of *guñjā* (125 mg.), with proper *anupāna* it checks consumption, *kuṣṭha* (skin diseases including leprosy), anemia, polyuria, piles and indisposition created by *vāta*. If two *guñjā* measure of the drug is taken daily for one year after the body is cleaned through vomitting and *virecana* (purgation) and the dietary regulations are maintained during the period, one can check obesity, control untimely death and effects of old age.

पित्तलकांस्ययोः शोधनादिकम्–

पित्तलञ्च तथाकांस्यं ताम्रवन्मारयत् पृथक् । ताम्रवच्छोधनं तेषां ताम्रवद् गुणकारकम् ।।१११।।

111. On refining and incineration of brass and bronze:

The metals brace and bronze should be refined and purified by using the same methods as prescribed in the case of copper. These metals are as full of qualities as is the copper.

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नागवङ्गयोः शोधनम्–

नागवङ्गे च गलिते रविदुग्धेन सेचिते । त्रिवाराच्छुद्धिमायातः सच्छिद्रे हण्डिकाऽन्तरे ।।११२।।

112. Refinement of Nāga (Lead) (Plumbum = Pb) and Vanga (Tin) (Stannum = Sn):

Gather the latex of *arka* tree into a pot and keep above this pot an earthen pot having a hole in its bottom. Put pieces of tin and lead in the earthen pot and heat or warm the lower pot till the metal gets liquefied and passes through the hole into the latex of *arka*. Repeat this process thrice to obtain refined tin and lead.

सीसकमारणम्–

भुजङ्गममगस्त्यस्य पिष्ट्वा पत्रं प्रलेपयेत् । तत्र संविद्रुते नागे वासाऽपामार्गसम्भवम् ।।११३।।
क्षारं विमिश्रयेत् तत्र चतुर्थांशं गुरुक्तितः । प्रहरं पाचयेच्चुल्यां वासादर्व्या च चालयेत् ।।११४।।
तत उद्धृत्य तच्चूर्णं वासानीरेण मर्दयेत् । एवं सप्तपुटैर्नागं सिन्दूरं जायते ध्रुवम् ।।११५।।

113-115. Incineration of Nāga (lead):

Apply the *kalka* of *agastya* leaves over the plates of lead and smelt them by putting them into an earthen pot over a stove. Add small quantities of the alkali of *aḍuṣā* and *apāmārga* leaves into the pot as per direction of some learned teacher. Meanwhile coninue to stir the materials in pot through a stick of *aḍuṣā* plant. When the lead gets crystallized then remove the metal and triturate it through the juice of *aḍuṣā* leaves and dry it through firing (through *puṭa* method). Repeat this process for seven times to obtain the *bhasma* of lead as red as the colour of *sindūra*.

Note - The description above has been quoated from the text *Rasamañjarī*. In many other texts involvement of *bhunāga*, i. e. earth worms has been suggested.

शुद्धनागगुणाः–

तारस्य रञ्जनो नागो वातपित्तकफापहः । ग्रहणीकुष्ठगुल्मार्शःशोषव्रणविषापहः ।।११६।।

116. Merits of purified nāga:

The purified lead is used in colouring the silver. It is capable to remove the disorder caused by any of the *doṣas* (*vāta*, *pitta*, and *kapha*), *kuṣṭha* (skin diseases including leprosy), consumption, scabies, effect of poison and such diseases as *grahaṇī* (sprue) and *gulma* (abdominal tumour).

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वङ्गमारणम्–

वङ्गं खर्परके कृत्वा चुल्ल्यां संस्थापयेत् सुधीः । द्रवीभूते पुनस्तस्मिञ् चूर्णान्येतानि दापयेत् ।।११७।।
प्रथमे रजनीचूर्णं द्वितीये च यमानिकाम् । तृतीये जीरकञ्चैव ततश्चिञ्चात्वगुद्भवम् ।।११८।।
अश्वत्थवल्कलोत्थञ्च चूर्णं तत्र विनिक्षिपेत् । एवं विधानतो वङ्गं म्रियते नात्र संशयः ।।११९।।

117-119. Incineration of Vanga (Tin):

Melt the tin in a saucepan and add to it in its equal weight the powder of turmeric, caraway (*yavānī*), cumin seeds, bark of the tamarind tree and bark of *pīpal*. Add these ingredients gradually and in sequence while continuing to stir all of them in saucepan through a large spoon. Thus one can incinerate the tin and obtain the *bhasma* of the same.

Discussion- As suggested the amount of all the powders above should be equal to the weight of *vanga* in context. As a matter of fact, the above method is meant to fire (*jārana*) the metal. If one has to obtain a better quality of *vanga bhasma*, the above treatment should again be followed by administration of *puṭa* process along with any one of the following: orpiment (*haratāla*), juice of *kumārī* leaves, latex of *arka* and alkali of the *pippal* (*aśvattha*) plant.

गुणाः–

वङ्गं तिक्ताम्लकं रूक्षंकिञ्चिद्वातप्रकोपणम् । मेदःश्लेष्मामयघ्नञ्च क्रिमिघ्नं मेहनाशनम् ।।१२०।।

120. Merits of the incinerated vanga:

The refined and incinerated *vanga bhasma* is bitter, acidic, sour in taste and produce roughness on body. It may develop some disorders related to *vāta doṣa*. However, it is capable to remove disorders connected with *kapha* and *pitta doṣas*, to cure disease like *meha* (urinary disorders including diabetes) and worms-related indispositions.

Note -The *vanga bhasma* can be taken in doses of 62-250 mg. as per the strength and age of the individual concerned.

लौहशोधनम्–

तप्तानि सर्वलौहानि कदलीमूलवारिणि । सप्तधा त्वभिषिक्तानि शुद्धिमायान्त्यनुत्तमाम् ।।१२१।।

121. On refinement of Lauha (Iron) (Ferrum = Fe):

The iron ore can be refined only after getting it smelted through all means (see 124 below) and cooling the same in the juice of banana-roots for seven consecutive terms.

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Note - Incineration by the banana-juice has been suggested in cases of other metals as well. The term '*Lauha*' is also used to denote any kind of metals. In any case, the iron is very much included among such metals.

मतान्तरम्–

त्रिफलाऽष्टगुणेतोये त्रिफला षोडशं पलम् । तत्क्वाथे पादशेषे तु लोहस्य पलपञ्चकम् ।।१२२।।
कृत्वा च तप्तपत्राणि सप्तवारं निषेचयेत् । एवं प्रलीयते दोषो गिरिजे ! लौहसम्भवः ।।१२३।।
'वरांचतुर्गुणांलोहात्ततोवारिचतुर्गुणम् ।दत्त्वा निष्क्वाथयेत् तावद्यावत्यादस्थितं भवेत्' । इति ।।

122-123. Difference of opinion:

Obtain 768 gm. of *triphalā* herbs and boil them in water eight times more. Continue the boiling till the whole quantity is reduced to a one-fourth of the original. Then strain the decoction and use it in cooling down the thin and heated iron foils weighing 240 gm. Heat and cool down the iron foils in this fashion for seven consecutive terms. Thus all the contamination of iron is removed.

Discussion- Since the iron ore is discovered through hilly regions, it is only natural that hill/stone related contaminations are there in the metal. Therefore the above incineration is essential. The ratio of the weights of water (16) and iron (5) is a bit difficult to follow in this process. However, in the work '*Lohapaddhati*' the ratio of 1:4:16 (iron:*triphalā*:water) has been suggested that is easy to follow.

निरुत्थीकरणोपायः–

भानुपाकात्तथास्थालीपाकाच्चपुटपाकतः । निरुत्थोजायते लौहो यथोक्तफलदो भवेत् ।।१२४।।

124. The iron is obtained in purified and *bhasma* form by smelting the metal through *Bhānupāka*, *Sthālī pāka* and *Puṭa Pāka*.

भानुपाकविधिः–

लौहे दृषदि लौहञ्च मुद्गरेण हतं मुहुः । कृत्वाऽम्बुगलितं शुद्धं जलेन त्रैफलेन वा ।।१२५।।
क्षालयेद्बहुशः पश्चात् कृत्वा द्रव्यान्तरं पृथक् । शोषितं भानुभिर्मानोर्भनुपाके प्रयोजयेत् ।।१२६।।

125-126. The method of Bhānu Pāka:

Obtain small pieces (worth size of lentil beans) of iron by hammering it on some hard stone by a pure iron-hammer. Then wash these pieces repeatedly in water or the decoction of *triphalā* and thus separate the particles of coal, etc. from the metal. Dry the metal and keep it for *Bhānu Pāka*.

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Note - Using the decoction of *tṛiphalā* instead of water in this process yields better results. Therefore, if *lauha bhasma* is to be obtained for some critical application one must use the decoction of *tṛiphalā* only.

क्षालने भानुपाके तु लौहतुल्यं फलत्रिकम् । जलं द्विगुणितं दत्त्वा चतुर्भागावशेषितम् ।।१२७।।
एवमुक्तं फलक्वाथ-जलं दत्त्वा पुनः पुनः । शोषयेत् सूर्य्यतेजोभिर्निरन्तरमहस्त्रयम् ।।१२८।।
अथवा तत्र तत्क्वाथं दत्त्वा दत्त्वा भिषग्वरः ।
सप्तसप्तविधैरेवं सप्त वारान् विशोधयेत् ।।१२९।।

127-129. For washing and *Bhānu Pāka* obtain the *tṛiphalā* herbs in parts equal to the iron in context. Boil the *tṛiphalā* in water double in their weight till the original quantity is reduced to one fourth. The iron should be repeatedly dipped into this decoction and the same should be dried under the sun (meaning of term '*Bhānu*' being the sun) for three days. One may also divide the decoction into seven parts and then dip the iron pieces into each of them to be dried in sequence.

स्थालीपाकविधिः–

इत्थमादित्यपाकान्तेस्थाल्यां पाकमुपाचरेत्। स्थालीपाके फलं ग्राह्यमयसस्त्रिगुणीकृतम् ।।१३०।।
तस्य षोडशिकं तोयमष्टभागाविशेषितम् । मृदुमध्मकठोराणामन्येषामयसा समम् ।
क्वथनीयं समादाय चतुरष्टौ च षोडश । गुणानां स्थाप्यते तोयं शेषयेदयसा समम् ।
स्वरसस्यापि लौहेन स्थालीपाके समानता ।।१३१।।

130-131. The method of Sthālīpāka:

After processing the iron through *Bhānu pāka* one should apply the method of *Sthālī pāka* to the metal. For this, one has to obtain the *tṛiphalā* three times larger in weight to the iron ore (to be purified). This should be cooked in water sixteen times larger in amount. The boiling of *tṛiphalā* should continue till the original amount is reduced to $^1/_8$ th. Secondly, one should take smooth, mild and hard substances, all equal to the weight of the iron and boil iron in them consecutively involving water in four, eight and sixteen times larger in weight in that order. When the boiling water is reduced to the amount equal to that of the iron itself, the boiling should be stopped. In the process of *Sthālī Pāka*, the juice is also taken only in an amount equal to the iron (see 133-134 below).

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स्थाल्यांक्वाथादिकंदत्त्वायथाविधिविनिर्मितम्पाकेनक्षीयतेयस्मात्स्थालीपाकइतिस्मृतः ।।१३२।।

132. The term '*Sthālī Pāka*' has been based on the method of cooking (*Pāka*) through a '*Sthālī*' which is a saucepan shape pot. The suggested decoction, etc. are cooked in this pot.

हस्तिकर्णपलाशस्य मूलञ्च शतमूलिका । भृङ्गराजाख्यराजानामेषां निजरसैः सह ।।१३३।।
मिलित्वा वा विधातव्यंस्थालीपाके फलादनु। यथादोषौषधेनापि स्थालीपाको विधीयते ।।१३४।।

133-134. Gather the decoction of *triphalā* and iron particles in an iron *Sthālī* (defined above) and cook the same. When the decoction is boiled add to it the juices of *hastikarṇa palāśa*'s roots, *śatamūla*, *bhṛingarāja* (one of them or all of them). Continue to cook the preparation till the juices disappear.

The juice of herbs used in treating the patient in context can also be employed in *Sthālī Pāka*. Similarly, if one or all of the suggested juices above produce adverse effects on the patients in question, the *Sthālī pāka* process should be carried out without using such juice or juices.

Note - If the juice of herbs are not available, one can even use the decoction of such herb.

पुटपाकविधिः–

स्थालीपाकेऽयः सुपकं प्रक्षाल्य स्वच्छवारिणा । शुष्कंसंचूर्ण्ययत्नेनपुटपाके प्रयोजयेत् ।।१३५।।
पुटाद्दोषविनाशः स्यात् पुटादेव गुणोदयः । म्रियतेच पुटाल्लौहस्तस्मात् पुटं समाचरेत् ।।१३६।।
यथा यथा प्रदीयन्ते पुटाः सुबहुशो यदि । तथा तथा प्रकुर्वन्ति गुणमेव सहस्रशः ।।१३७।।
पुटपाकेन पक्वन्तु शस्यसे रसकर्मसु । दशादिशतपर्यन्तो गदे पुटविधिमतः ।।१३८।।
शतादिस्तु सहस्रान्तः पुटो देयो रसायने । बाजीकर्मणि विज्ञेयो दशादिशतपञ्चकः ।।१३९।।
तावदेव पुटेल्लौहं यावच्चूर्णीकृतं जले । निस्तरङ्गे लघुत्वेन समुत्तरात हंसवत् ।।१४०।।
पुटपाकौषधस्यापि क्वाथो वा स्वरसोऽपि वा। वक्ष्यमाणप्रमाणेनकर्त्तव्योभिषजां वरैः ।।१४१।।
रसाभावेतुसर्वेषांक्वाथोग्राह्यो मनीषिभिः। अभावे स्वरसस्यापि क्वाथ एवफलत्रिकात् ।।१४२।।
'लभ्यते स्वरसा येषां तेषां क्वाथस्तुनेष्यते । त्रिफलाव्यतिरिक्तेन मतमेतत्पतञ्जले' ।। १३५-१४२।।

135-142. The method of Puṭa pāka :

The iron ore processed through the *Sthālī pāka* should be washed thoroughly in water and be dried. Then it should be powdered and subjected to the *Puṭa Pāka*. By the *Puṭa* method only, the demerits of metal are removed and the qualities of metals manifest and the iron is incinerated. Therefore, the *Puṭa* processing is must for incinerating the iron ore. More number of times the iron is subjected to the

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Puṭa process, better qualities of the *bhasma* is obtained. For medicinal purposes, only the *Puṭa* processed iron ore is to be employed. For cure of general diseases, the iron should be processed in *Puṭa* for ten to hundred times. For use in *rasāyaṇa*, the iron should be processed between 100 to 1000 times and for aphrodisiac purposes, the metal should be *Puṭa* processed for 10 to 500 times. The processing through *Puṭa* should continue so long as the iron *bhasma* particles start floating on the surface of water as the *Hamsa* (celestial swan). The physician should keep ready the decoction of various herbs or their juices as per suggested requirement. If the juice of a given herbs is not available, one can use the decoction of the same. Even in the case of *triphalā*, one could take their decoction if needed.

Discussion- The dose of the decoctions meant for *Puṭa pāka* has been suggested below (see para 147). It is always better to use the decoction of *triphalā* instead of their juices. The sage Pātanjali has also suggested this.

शतावर्य्यादिगणः–

शतावरी बला धात्री-गुडूची वृद्धदारकः ।।१४३।।
वानरीभृङ्गराजाख्य-विदारीगोक्षुरक्षुरैः । वाजिगन्धाकणायुक्तैर्वाजीकर्म्मसु शस्यते ।।१४४।।

143-144. The Śatāvarī group of herbs:

For a *Puṭa pāka* of iron meant for aphrodisiac uses, the application of such herbs is better: *śatāvarī*, *balā*, *dhātrī*, *guḍūcī*, *vṛiddhadāraka*, *vānarī*, *bhṛingarāja*, *vidārī*, *gokṣura*, *kolilākṣa*, *aśvagandhā*, and *pippal*.

विदारीकन्दादिगणः–

विदारीकन्दपिण्डाह्व-भृङ्गराजशतावरीक्षीरकञ्चुकभल्लातामृतकाचित्रकैस्तथा ।।१४५।।
करिकणपलाशैश्च मुशलीमधुकैरपि । मुण्डिरीकेशराजैश्च पुटा देयो रसायने ।।१४६।।

145-146. The Vidārīkanda group of herbs:

For a *Puṭa pāka* of iron meant for *rasāyaṇa* purposes, such herbs should be utilized:*vidarīkanda*, *pinḍālu*, *bhṛingrāja*, *śatāvarī*, *kṣīrakañcuka*, *bhallātaka*, *amṛitakā*, *citraka*, *hastikarṇapalāśa*, *muśalī*, *madhūka*, *mundirī* and *keśarāja*.

सामान्ये तु विशेषे च पुटे यद् यत् प्रकीर्त्तितम् ।
मिलितैरेकशो वा तैर्यथेष्टं पुटयेत् ततः । पुटपाके फलादीनामयसा ग्रहणं समम् ।।१४७।।

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147. In general or in especial *puṭa pāka* process, one should use any one of the prescribed herbs or one should employ all the herbs. The quantity of juice applied to the process should equal to the weight of the iron to be incinerated.

अथ पुटपाकप्रकरणमाह–

हस्तमात्रमिते गर्त्ते करीषेणार्द्धपूरिते ।।१४८।।
अथवा तुषकाष्ठाभ्यां पूरितेऽर्द्धं निधापयेत् । लौहमग्निं ततो दत्त्वा तथैवोर्ध्वं प्रपूरयेत् ।।१४९।।
दिवा वा यदि वा रात्रौ विधिनाऽनेन पाचयेत् । वतुर्भिः प्रहरैरेव पुटपाकेन मारयेत् ।।१५०।।

148 -150. The process of puṭa pāka method of incineration:

Dig a pit measuring one hand (=2.5 feet, roughly) in depth and one hand in diameter. Fill up the pit till its half through wood pieces or reeds and cow dung cakes. Place the iron in a *Saṁpuṭa* (pack) above it and lit fire there. Then fill up the upper half of pit also using the fuels prescribed above. The cooking of the iron pack should thus continue for four *prahars* (12 hours) in day or during night. To incinerate iron this method is to be followed.

पुटपाकेक्षणादूर्ध्वं स्थितो भवतिभस्मसात् । अधस्तादपकृष्टस्तुमन्दोभवतिवीर्य्यतः ।।१५१।।
कुण्डस्थो भस्मनाऽऽच्छन्न आकृष्टव्यः सुशीतलः । समाकृष्टस्य तप्तस्य गुणहानिः प्रजायते ।।१५२।।

151-152. One must place the pack (*Saṁpuṭa*) of iron in the middle of the pit as by placing it on the top surface, the iron is excessively heated while putting it at the bottom results in the ore getting heated below the desired degree. The *Saṁpuṭa* surrounded by the ash of fuels in the pit should be removed only when it gets cool, for removing iron while it is still hot yields a low quality of iron *bhasma*.

गुणाः–

कृष्णायः शोथशूलार्शः क्रिमिपाण्डुत्वशोषनुत् । वयस्यं गुरु चक्षुष्यं सर्वभेदोऽनिलापहम् ।।१५३।।
आयुःप्रदाताबलवीर्य्यकर्त्तारोगापहर्त्तामदनस्यकर्त्ता ।
अयःसमानंनहिकिञ्चिदस्तिरसायनंश्रेष्ठतमंनराणाम् ।।१५४।।

153-154. The black *lauha bhasma* contributes to the longevity and increased eyesight. It is heavy to digest and capable to treat such diseases as edema, piles, pain, anemia, consumption, colic and worm-generated indispositions. This removes the ailment generated by disordered *vāta* also. It checks all the diseases in general and is an aphrodisiac. *Lauha bhasma* is the best *rasāyaṇa* for human beings.

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लौहसेवने वर्जनीयानि–

कूष्माण्डं तिलतैलञ्च रसोनं राजिकां तथा । मद्यमम्लरसञ्चैव त्यजेल्लौहस्य सेवकः ।।१५५।।

155. Items to be avoided while taking doses of iron bhasma:

While taking doses of iron *bhasma*, one has to avoid consuming such items as *kuṣmāṇḍa* (ash gourd), sesame oil, garlic pearls, black mustard and citrus fruits.

अथ मण्डूरशोधनादिकम्–

शतोर्ध्वमुत्तमं किटटं मध्यञ्चाशीतिवार्षिकम् । अधमं षष्टिवर्षीयं ततो हीनं विषोपमम् ।।१५६।।

156. Purification of iron-rust (maṇḍūra) and the like:

The *maṇḍūra* that is hundred years old is best one, that which is eighty years old is of medium quality and that which is sixty years old is of an inferior quality. The *maṇḍūra* that is below 60 years in oldness is considered as harmful as the poison.

Note - The old theorists have suggested to use only such *maṇḍūra* that is more than 100 years old. According to their views, older samples are better. However, they can be still considered as of inferior, middle and superior qualities depending on its oldness (which must be more than 100 years). This opinion is better.

मण्डूरशोधनम्–

दग्ध्वाऽक्षकाष्ठैर्मलमायसन्तुगोमूत्रनिर्वापितमष्टवारान् ।
विचूर्ण्य लीढं मधुनाऽचिरेण कुम्भाह्वयं पाण्डुगदं निहन्ति ।।१५७।।

157. Purification of iron-rust (maṇḍūra)

The *maṇḍūra* if heated in the wood of *akṣa* plant and cooled in cow-urine for eight consecutive times is refined and purified. If licked along with honey, its powder can cure such diseases as jaundice and anemia effectively.

Note - Without processing through *Puṭa Pāka*, no metal *bhasma* can be considered as faultless and pure. Therefore, after the above process, the *maṇḍūra* should be subjected to *puṭa* method by saturating the same in the decoction of *triphalā* herbs. This method should be repeated for at least seven times.

मणिमुक्ताऽऽदिशोधनम्–

स्वेदयेद्दोलिकायन्त्रे जयन्त्याः स्वरसेन च । मणिमुक्ताप्रवालानि यामैकेन च शोधयेत् ।।१५८।।

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158. Purification of the Maṇi-Muktā (Pearl, etc):

158. The gems like *Maṇi-Muktā* and *pravāla* are refined by cooking them in a *Dolā Yañtra* the juice of *Jayantī* for three hours.

Discussion - The grouping of *Muktā* and *Prāvala* (corral shell) with gems is unwarranted as both of these are organic material. *Maṇi* (Pearls) or jewels are, on the other hand, inorganic matters. As there is found matter like lime (calcium) inside the *muktā* and *pravāla* as is the case with conch shell, they should be grouped together separately.

Probably, owing to the brightness and great price of the *muktā* and their use in jewelry, old theorists classed *muktā* along with the gems. However, the *muktā* and *pravāla* are refined by nature itself. Hence, they are subjected to incineration only to enhance their inherent qualities. Thus has been opined by the author of *Rasendra Cintāmaṇi*.

मणिमुक्ताऽऽदिमारणम्–

मुक्ताफलानिशुद्धानिखल्लेपिष्ट्वा पुटेल्लघु। एवं भस्मत्वमाप्नोति वज्रकं काञ्जियोगतः ।।१५९।।

159. The māraṇa process for the purified manimuktā and the like:

The refined pearls should be powdered in the *khalla* (hand mortar of stone) and processed through a mild *Puṭa* cooking. This method incincerate them. To obtain the *hīraka* (diamond) *bhasma*, one has to powder it and mix the powder into *kānji* and process the mix through *Puṭa* cooking.

Discussion - For powdering and pasting *muktā*, one can utilize any of these: cow milk, juice of *jayantī*, the essence of rose and *kānji*. The term '*Vajraka*' used for diamond in the above paragraph should have been only '*muktaka*' in original. This has been suggested here as the *kānji* produce little effects on diamond while its effect on *muktā* is very productive.

प्रवालमारणम्–

स्त्रीदुग्धेन प्रवालञ्च भावयित्वा तु हण्डिका ।।१६०।।

मध्येऽपि तक्रसहितं स्थापयेत् तां निरोधयेत् । चुल्ल्यामग्निप्रतापेन म्रियते प्रहरद्वये ।।१६१।।

160-161. The māraṇa process for the Pravāla (Coral) (Calcium Carbonate = Ca CO_3):

The *Pravāla* should be triturated in women's milk through *bhāvanā* method and be kept along with buttermilk in the middle of an earthen pot. The mouth of

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the pot should be tightened and the pot should be heated on stove for six hours. This process prepares a quality *bhasma* of the *pravāla*.

सर्वरत्नानां शोधनम्–

कुलत्थस्य पलशतं वारिद्रोणेन पाचयेत्। तस्मिन्पादावशेषेचक्वाथेऽष्टौ मणयःशिलाः ।।१६२।।
आतपे त्रिदिनं शोध्याःक्वाथसिक्ताःपुनःपुनः । शुध्यन्तेसर्वरत्नानि मणयश्च न संशयः ।।१६३।।

162-163. Method of refining all the jewels:

Take 4800 gm. worth of *kulattha* beans and cook them in 12.50 litres of water till the original quantity is reduced to one fourth. All the eight kinds of jewels and *manahśilā* can be purified by irrigating them through this *kulattha* bean syrup and drying them in sun for three days in a row.

अथ विषशुद्धिः–

कृत्वा चणकसंस्थानं गोमूत्रैर्भावयेत् त्र्यहम् । समटङ्कणसम्पिष्टं मृतमित्युच्यते विषम् ।।१६४।।

164. Method to purify the viṣa (poison):

Obtain as small pieces of *viṣa* as gram nuts and soak them into cow-urine for three consecutive days. Place them in sun to get them thoroughly dried. Finally powder them along with equal weight of borax. This process makes the poison refined and purified.

अथोपविषमाह–

अर्कसेहुण्डधुस्तर लाङ्गलीकरवीरकाः । गुञ्जाऽहिफेनावित्येताः सप्तोपविषजातयः ।।१६५।।
'विषतिन्दुकबीजंचत्वहिफेनञ्च रेचकम् । धत्तूरबीज विजया गुञ्जा भल्लातकाह्वयः ।।
अर्कक्षीरं स्नुहीक्षीरं लाङ्गली करवीरकम्' ।।१६५।।

165. The group of semi poisonous herbs:

The semi-poisonous herbs include the following seven species: *arka*, *sehunḍa*, *dhustara*, *lāngalī*, *karavīraka*, *guñjā*, and *ahiphena*.

Note- In opinion of some theorists, the *jayapāla* and *viṣamuṣṭi* should also be included among the *Upaviṣas* (i.e. semi-poisons). In fact, all the matters that produce adverse effects in body should be considered as *Upaviṣa*.

तच्छुद्धिः–

धुस्तूरस्य च यद्बीजमन्यच्चोपविषञ्च यत् । तच्छोध्यंदोलिकायन्त्रे क्षीरपूर्णेऽथ पात्रके ।।१६६।।

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166. Purification of the semi poisonous herbs:

The seeds of *Dhustūra* (*Dhatūra*) and other *Upaviṣas* can be purified by cooking them in a pot filled up with milk through the *Dolā Yañtra*.

Note- The seeds of *dhustūra*, their bark peeled off and soaked in the cow-urine for 12 hours, can be treated as purified ones.

अथ जयपालशुद्धिः–

निस्तुषं जयपालञ्च द्विधा कृत्वा विचक्षणः । एतद्बीजस्य मध्यन्तु पत्रवत् परिवर्जयेत् ।।१६७।।
अष्टमांशेनचूर्णेनटङ्कणस्य च मेलयेत् । केशयन्त्रे च तद्भाव्यं पाच्यं दुग्धेन संप्लुतम् ।
त्रिरात्रं शुद्धिमायाति जैपालममृतोपमम् ।।१६८।।

167-168. Refinement and purification of Jayapāla :

Peel off the seeds of *Jayapāla* and cut them into two pieces from the center. Remove the foliage of wastage therein. Add borax to the *jayapāla* pieces in 8:1 ratio (borax being in lesser quantity) and process them in *bhāvanā* using the *Keśa yañtra*. After that the *jayapāla* pieces should be cooked along with milk for three consecutive nights. Processing through this method makes the *Jayapāla* as refined and pure as nectar itself.

Note - The *Keśa Yañtra* is a pot like bag prepared from organic fibers. The *jayapāla* pieces should be packed into it and then soaked into milk kept in a *Dolā Yañtra*. Usually in place of fibers, the use of cotton pieces are resorted to. But using *keśa* net is better for the present purpose. (The term '*Keśa*' is usually used in sense of hair. I have suggested 'organic fibers' in its place because the hair is regarded as impure object in Indian scriptures. Moreover, the use of term '*Keśa*' has been employed to denote '*fibre*' also on occasions - Translator)

अथ स्नुहीक्षीरशुद्धिः–

चिञ्चापत्ररसे कर्षे वस्त्रपूते पलद्वयम् ।।१६९।।
स्नुहीक्षीरं रौद्रयन्त्रे भावयेद् यत्नतः सुधीः । द्रवे शुष्के समुत्तार्य्य सर्वरोगेषु योजयेत् ।।१७०।।

169-170. Purification of the latex of snuhī:

Mix 96 ml. of the latex into 12 ml. worth of the juice of tamarind leaves. Treat them through *bhāvanā* process using a *Raudra Yañtra*. When dried, obtain the latex and use it for all medicinal purposes.

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अथ जलौकाशोधनम्–

चिरन्तनीं जलौकान्तु ताम्रपात्रेषु रक्षयेत् । चतुर्माषं निशाचूर्णं जलाष्टकपले क्षिपेत् ।।१७१।।
तस्मिन् क्षिपेज्जलौकां तांस्वयंलालां परित्यजेत् ।
त्यक्तलाला जलौकाच सा योज्यारक्तमोक्षणे ।।१७२।।

171-172. To refine the Jālauka (leech):

Take a cooper pot and pour 384 ml. measure water into it and mix into it the turmeric powder worth 4 gm. Supply adult leeches to this pot. They would discharge saliva there and remain inside the pot. Use these leeches for blood - letting.

अग्राह्यजलौकालक्षणम्–

रोमपृष्ठा च कपिला रक्तरेखा च दुर्बला । वर्जनीया विशेषेण भिषजा कीर्त्तिमिच्छता ।।१७३।।

173. The leeches that are to be avoided:

The wise physicians should not engage a leech that have hairs on its back, is greyish in complexion, is weak in strength and that sports red lines on its body.

वृद्धदारकबीजशोधनम्–

बीजमादौ समादाय रौद्रयन्त्रे विशोषयेत् ।
ईषत्सैन्धवयुक्तेन द्रवेण यत्नतः सुधीः । अपामार्गस्य वा तोयैर्वार्द्धक्यबीजशोधनम् ।।१७४।।

174. Refining the seeds of Vṛiddha Dāraka:

The seeds of *Vṛiddha Dāraka* are refined by washing them in water treated with rock salt and subsequently mixing in it the juice of *apāmārga* and finally drying the same in *raudra yañtra* under the sun.

नानाबीजशोधनम्–

अपामार्गकषायेण निम्बुबीजं विशोधयेत् । मूलक्वाथैः कुमार्य्याश्च जैपालबीजशोधनम् ।।१७५।।
इन्द्रवारुणिकाक्वाथै राजवृक्षस्य बीजकम् । समूलोत्तरवारुण्या धुस्तूरबीजशोधनम् ।।१७६।।
शिग्रुकार्पासबीजानि ह्यपामार्गस्य बीजकम् । घर्मेण शोधनं तेषां न दद्यात् सैन्धवं ततः ।।१७७।।
तिक्ताकोषातकीदन्ती पटोली चेन्द्रवारुणी । कटुतुम्बी देवदाली काकतुण्डी च शुध्यति ।।१७८।।
धात्रीफलरसेनैव महाकालस्य शोधनम् । करञ्जयुग्मयोर्बीजं भृङ्गराजेन शोधयेत् ।।१७९।।
गुञ्जाऽऽदिसर्वबीजानांनरमूत्रैःपटुंविना । नारिकेलाम्बुना शोध्यं बीजं भल्लातकोद्भवम् ।।१८०।।
गुडूचीत्रिफलाक्वाथेक्षीरेचैवविशेषतः ।पक्त्वा च खण्डशः शुद्धं गृह्णीयान्मृदु गुग्गुलुम् ।।१८१।।

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175-181. The process of purifying different kinds of seeds:

The seeds of lemon are refined by processing it through *bhāvanā* method using the decoction of *apāmārga*. The seeds of *jayapāl* is refined by cooking it in decoction of the roots of *kumārī*. The seeds of *rājavṛikṣa* is refined by cooking it in the decoction of the roots of *indravāruṇī*. The *dhustūra* seeds require cooking along with the roots of *uttara vāruṇī*. The seeds of *śigru*, *karpāsa* and *apāmārga* are refined only through drying them in sun. Do not mix rock salt to them. The seeds of the bitter variety of *koṣātakī*, *dantī*, *paṭola*, *indravāruṇī*, bitter variety of *tumbī*, *devadāli*, and *kākaṭundi*, etc. are purified only by processing them through *bhāvanā* using the juice of *āmalakī*. The small and large varieties of *karañja* seeds are to be purified through *bhāvanā* using the juice of *bhṛingarāja*. The seeds of *guñjā*, etc. are to be purified by washing them in human urine without salt (see the note below). The seeds of *bhallātaka* are purified through cooling them in coconut-water. Removing the dust on it and cooking its pieces into the decoction of *guḍūcī* and *tṛiphalā* herbs purify the *guggulu*. For especial purity pieces of *gugglu* should be boiled along with milk. Finally it should be strained through a piece of cloth. Thus it becomes soft in texture.

Note- Apart from the cases where it has been forbidden, the rock-salt must be used in all cases of purification and refinement suggested above.

The purpose of the above methods is to remove harmful oily substances from the herbs. For details, one can consult the texts '*Rasakāmdhenu*' and '*Rasaratnākara*'.

The *guggulu* should be strained while it is still hot, for cooled *guggulu* would not get strained. Later on the water content of the drug is to be removed by cooking it on a slow heat and by drying it subsequently under the sun.

इति भैषज्यरत्नावल्यां शोधनमारणप्रकरणम् ।।२।।
इति विद्योतिनीभाषाटीकायां शोधनमारणप्रकरणम् ।।२।।

End of the Chapter 2 of Bhaiṣajya Ratnāvalī with Commentary

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अथ मिश्रवर्गप्रकरणम् ३

Chapter 3
Miscellaneous Topics

आरोग्यमूलकं धर्मादिसाधनम्–

धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम् । रोगास्तस्यापहर्तारः श्रेयसो जीवितस्य च ।।१।।

1. Importance of a healthy body:

To practice religions duties (*Dharma*), professional activities (*Artha*), reproduction (*Kāma*) and to achieve internal bliss (*Mokṣa*) after death, one needs a disease free body. Without such a body no one can perform such duties and achieve purposes of life. The physical and mental indispositions destroy longevity as well as health of the human beings.

अधिष्ठानभेदेन व्याधिभेदाः–

व्याधयोद्विविधाःप्रोक्ताःशारीरामानसास्तथा । शारीरा ज्वरकुष्ठाद्या, उन्मादाद्या मनोभवाः ।।२।।

2. Kinds of ailments:

There are two kinds of ailments, one related to physical conditions and the other pertaining to mental state. The diseases like fever, *kuṣṭha* (skin diseases including leprosy), etc. are example of somatic indispositions while *unmāda* (dementia) and similar symptoms relate to psychological diseases.

रोगारोग्यहेतुः–

दोषाणां साम्यमारोग्यं वैषम्यं व्याधिरुच्यते । सुखसंज्ञकमारोग्यं विकारो दुःखमेव च ।।३।।

3. Symptoms of health and disease:

A physical state free of diseases is the result of balanced *doṣas* in body including the *pitta*, *kapha* and *vāta*. The imbalance of there *doṣas* is identical with the state of non-health, a situation of sorrow. In general, happiness is regarded as *Ārogya*, freedom from ailments and from position of being diseased.

साध्यादिभेदेन व्याधिभेदाः–

साध्योऽसाध्यव्याधिर्द्विधा तौ तु पुनर्द्विधा । सुखसाध्यः कृच्छ्रसाध्यो याप्यो यश्चाप्रतिक्रियः ।।४।।

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4. Varieties of the diseases:

The diseases are of two basic varieties: curable ones and incurable ones. The curable diseases are further divided into two categories: easily curable ones and those curable with difficulty. The incurable ones are also divided into two groups namely the *Yāpya* diseases and the *Apratikṛiya* ones. The term *Yāpya* is applied to those diseases which are not curable but are somehow manageable to control. These diseases can be checked through medicines for a while. They remain suppresses so long as the treatment is carried through. The moment treatments are stopped such diseases would produce harmful effects. The *Apratikṛiyā* diseases are completely incurable and they cannot be treated ever after great medications are applied to them.

As regards the curable diseases, those which are cured only through *langhaṇa* (fasting) and common dietary regulations (*pathya*) are called *Sukhsādhya*, i.e. easily curable ones. The diseases which are cured after strict medication, etc. are called *Kṛiccha Sādhya* ones.

व्याधेरप्रतीकारे हानिः–

याप्यत्वंयातिसाध्यस्तु याप्यो गच्छत्यसाध्यताम् । जीवितं हन्त्यसाध्यस्तु नरस्याप्रतिकारिणः ।।५।।

5. Damage due to untreated diseases:

The diseases must be treated upon at the earliest stage of their manifestation. If one neglects them at initial stage, even curable diseases can term into the *Yāpya* (see 4 above) ones. If the diseases are neglected even at the *Yāpya* stage, they may further turn into the *Apratikṛiyā* ones (see 4 above) and subsequently may lead even to unfortunate death.

रोगाणां याप्यासाध्यत्वे–

याप्याःकेचित्प्रकृत्यैवकेचिद्याप्याउपेक्षया । प्रकृत्याव्याधयोऽसाध्याः केचित् केचिदुपेक्षया ।।६।।

6. Loss due to lack of early treatment:

There are certain ailments that are *Yāpya* (see 4 above) by their origin itself while they are many other diseases which turn into *Yāpya* ones in absence of proper care and treatments. Thus there are certain diseases which are incurable by origin itself. There are, however, other indispositions which turn into incurable diseases by lack of care and attendance.

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पापजादिभेदेन व्याधेः प्रकारान्तरम्–

तत्रैकः पापजो व्याधिरपरः कर्मजो मतः । पापजः प्रशमं याति भैषज्यसेवनादिना ।।७।।
यथाशास्त्रविनिर्णीतोयथाव्याधिचिकित्सितः । नशमंयातियो व्याधिः स ज्ञेयः कर्मजो बुधैः ।।८।।

7-8. Different types of diseases:

From the point of origin, the diseases are sorted into two categories: *Pāpaja* and *Karmaja*. The *Pāpaja* diseases are result of the faulty habits of eating, etc. in present life. They are cured through proper medicines and regulated diet, etc. On the other hand the *Karmaja* diseases are incurable even when followed by correct diagnosis and proper treatment. The intelligent physicians must know this.

मृत्योरनिवार्यत्वकथनम्–

न जन्तुः कश्चिदमरः पृथिव्यामेव जायते । अतो मृत्युरवार्य्यः स्यात्किन्तु रोगो निवार्यते ।।९।।

9. Checking a premature death:

No one born in this world is immortal. Therefore, death could not be avoided altogether. However, if the patient has a life ahead he or she can be cured when indisposed. Therefore, so long as one is alive, one must be given proper treatment and care.

मृत्योर्भेदाः–

एकोत्तरं मृत्युशतमस्मिन् देहे प्रतिष्ठितम् । तत्रैकः कालसंयुक्तः शेषास्त्वागन्तवः स्मृताः ।।१०।।
ये त्विहागन्तवः प्रोक्तास्ते प्रशाम्यन्ति भेषजैः । जपहोमप्रदानैश्च कालमृत्युर्न शाम्यति ।।११।।

10-11. Types of death:

There are as many as one hundred one occasions of death in one's life. Out of that only one is the *kālamṛityu* (i.e. the death on fixed time) and the rest the *akālamṛityu*, i.e. an untimely demise. The *akālamṛityu* can be avoided through medicines and religious rituals. The *kālamṛityu*, however, cannot be avoided through any possible means.

मृत्योरवश्यम्भाविता–

पीडितं रोगसर्पाद्यैरपि धन्वन्तरिः स्वयम् । सुस्थीकर्तुं न शक्नोति कालप्राप्तं हि देहिनम् ।।१२।।

12. Certainity of death:

If the *kālamṛityu* has appeared in one's life in shape of one's diseases or by means of snake-bite or like, one cannot be saved by Dhanvantarā, the healing God himself.

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अन्यच्च–

आयुष्येकर्मणिक्षीणेलोकोऽयंदूयतेयदा । नौषधानि न मन्त्राश्च न होमा न पुनर्जपाः ।।
त्रायन्ते मृत्युनोपेतं जरया चापि मानवम् ।।१३।।

13. Similar opinion:

If the life-sustaining constituents of one's body is impaired or one has reached a quite old age, no medication, *mantras*, rituals and chanting of holy names can save one's life.

अकालमृत्युदृष्टान्तकथनम्–

वर्त्त्याधारस्नेहयोगाद्यथा दीपस्य संस्थितिः । विक्रियाऽपि च दृष्टैवमकाले प्राणसंक्षयः ।।१४।।

14. Characteristics of a premature death:

A lamp continue to light so long as the cotton wick, the earthen or metal pot holding the liquid fuel is in good shape and as long as there is fuel in it. Likewise, a living body is living so long as the body, the *indṛiyas* (sense organs), the body-matters and soul are integrated. Nonetheless, so as the lamp possessing all the three essentials like oil, wick and a shapely pot goes off through quick blows of wind, the one possessing the *indṛiyas*, soul and body integrated passes away owing to injurious conducts and eating habits, etc.

वैद्यस्येतिकर्तव्यताकथनम्–

व्याधेस्तत्त्वपरिज्ञानं वेदनायाश्च निग्रहः । एतद्वैद्यस्य वैद्यत्वं न वैद्यः प्रभुरायुषः ।।१५।।

15. Limits of a physician:

Utilizing proper methods and tools, the wise physician should first diagnose the ailment and subsequently treat it or pacify it properly. This is the duty of a physician. A physician is not a deity of longevity. He cannot save a patient whose death has arrived.

अचिकित्स्यरोगिणः–

यादृच्छिको मुमूर्षुश्च विहीनः करणैश्च यः । वैरी च वैद्यविद्वेषी श्रद्धाहीनः सशङ्कितः ।।१६।।
भिषजामनियम्यश्च नोपक्रम्यो भिषग्विदा । एतानुपाचरन् वैद्यो बहून् दोषानवाप्नुयात् ।।१७।।

16-17. The patients which are unfit for medical treatment:

A wise physician should not try to treat a patient who is indisciplined, who has reached a mortal stage, who is not reflecting any movement of sense organ and physical action, who harbours animosity to the physicians, who does not have faith

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in physicians, who ever suspects the utility of medicines, doses and *pathya*(dietary regulations) instructed to him/her and who have a tendency to behave contrary to the instructions given by the physicians. If a physician takes up the case of such patient he would only lose his reputation.

चिकित्साऽवधिकथनम्–

यावत्कण्ठगताप्राणायावन्नास्तिनिरिन्द्रियः ।तावच्चिकित्साकर्तव्याकालस्य कुटिला गतिः ।।१८।।

18. Limits to the medical treatment:

So long as there is symptom of breathing in the body of patient and so long as his/her senses are reflecting actions, he/she must be continued under treatment. The swing of life is very unpredictable. Even seemingly dead patients survive sometimes.

शीघ्रचिकित्साकरणोपदेशः–

जातमात्रश्चिकित्स्यस्तु नोपेक्ष्योऽल्पतया गदः । वह्निशस्त्रविषैस्तुल्यः स्वल्पोऽपि विकरोत्यसौ ।।१९।।

19. Merits of immediate treatment:

The disease must be treated immediately after it manifests. Considering its mild and initial stage, one must not ignore the disease, for even a mild disease can get expanded into body as the poison, fire and weapons do, and thus could create problems. Even an ordinary spark of fire has the potential to burn large mound of husk to the ashes. A small knife can kill an individual. And a little amount of poison effectively kills a human being. Similarly if the diseases are not taken care of at initial stage, later on they can get magnified to dangerous proportions and could even create fatal circumstances. A disease that is curable at initial stage can prove fatal if neglected.

शीघ्रचिकित्सासौकर्यं दृष्टान्तेन विशदयति–

यथा स्वल्पेन यत्नेन छिद्यते तरुणस्तरुः । स एवातिप्रवृद्धस्तु छिद्यतेऽतिप्रयत्नतः ।।२०।।

20. A young tree can be cut down with little efforts. On the contrary the same tree when grown up as adult requires great efforts to cut and fell down. Similarly at initial stage a disease can be cured through such easy treatments as *langhaṇa* (fasting), etc. But when grown up the same could be checked only after great efforts and medications.

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प्रतिकूलग्रहशान्तिपूर्वकचिकित्साविधानं फलदम्–

ग्रहेषु प्रतिकूलेषु नानुकूलं हि भेषजम् ।
ते भेषजानां वीर्याणि हरन्ति बलवन्त्यपि । प्रतिकृत्य ग्रहानादौ पश्चात् कुर्याच्चिकित्सितम् ।।२१।।

21. Advantage of pacifying antagonistic constellations:

First of all constellations harmful to the patient should be pacified and an auspicious hour should be waited for. Then only treatment should start, for without pacifying the effects of the constellations the impact of even proper medications and dietary regulation is nullified. Therefore, so long as one could afford to wait, one should wait for the pacification of the constellations' impact and for an auspicious moment. It this method is applied, the result of treatment, is very effective and fast.

चिकित्सालक्षणम्–

याभिःक्रियाभिर्जायन्तेशरीरेधातवःसमाः ।साचिकित्सा विकाराणां कर्म तद्भिषजां मतम् ।।२२।।

22. Characteristics of treatment:

The measures that restore the natural balance of the three *doṣas*, the *vāta*, *pitta* and *kapha* are considered as treatment of the disease. Therefore, the duty of a physician is to reconstitute the natural balance of these *doṣas* in the patient.

चिकित्साभेदाः–

आसुरीमानुषीदैवीचिकित्सात्रिविधामता । शस्त्रैः कषायैर्लोहाद्यैः क्रमेणान्त्याः सुपूजिताः ।।२३।।

23. Types of treatment:

The kinds of treatment are three, namely, the *Āsurī* (literally 'demonic'), the *Mānuṣī* (i.e. humanly) and *Daivi* (i.e. divinely) ones. The treatments involving the surgerical tools and operations are the one of *Āsuṛi* variety. The *Mānuṣī* variety of treatment involves application of herbs and decoctions of various kinds, etc. The *Daivi* or divinely treatment is one that involves use of *Bhasmas* of gold, silver, copper, iron, etc. The divinely treatment is the best one while the humanly treatment is considered as of a medium standard. The *Āsuṛi* treatment is regarded as the inferior variety of cure. The physicians associated with these methods of cure are similarly regarded as best, mediocre and lowly ones.

सर्वथा चिकित्सायाः सफलत्वम्–

क्वचिद्धर्मःक्वचिन्मैत्रीक्वचिदर्थःक्वचिद्यशः ।

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कर्माभ्यासःक्वचिच्चापिचिकित्सानास्तिनिष्फला ।।२४।।

24. Success of treatment:

A physician gains religious virtues if he/she treats the poor and helpless. Treating patients of equal standards and high qualifications yields friendship, and treating the rich patients offers money. Similarly, if one cures an incurable patient one achieves great recognitions. If one is practising medicine involving different patients he or she accomplishes great experiences. Thus the profession of medicines is always fruitful.

औषधपाके वैद्यानामेवाधिकारवर्णनम्–

अन्यजातिकृतः पाको ह्यस्पृश्यः सर्वजातिभिः । इति विज्ञाय मतिमान् वैद्यं पाके नियोजयेत् ।।२५।।

25. Preparation of the medicines:

The medicinal preparations arranged by individuals of castes other than the *vaidyas* (physicians' caste) are not fit to be consumed by the patients of all castes. Therefore, one should not take medicines prepared by individuals other than those from the caste of physicians. The wise persons thus select only the physicians to prepare medicines for use.

वैद्यस्य द्विजत्वनिर्देशः–

विद्यासमाप्तौ भिषजां द्वितीया जातिरुच्यते । न वैद्यो वैद्यशब्दं हि लभते पूर्वजन्मना ।।२६।।

26. The task of physicians:

By completing the study of Ayurveda, i.e. 'Science of Life' one's caste is altered. He or she is called a physician only on merit of successful compeletion of the study of Ayurveda. One cannot claim the status of being a physician only on count of being born in family of a physician.

विद्यासमाप्तावार्षं वा ब्राह्मंवा भिषजंध्रुवम् । सत्त्वमाविशति ज्ञानात्तेन वैद्यो द्विजः स्मृतः ।।२७।।

27. Through a successful completion of Ayurveda, one achieves a classic (*Ārṣa*) and brahmanical knowledge. This makes one qualified to be called as '*Dvija*', i.e. a twice born.'

वैद्येतरसाधितौषभक्षणनिषेधः–

मोहाद् द्विजातिवर्णाद्यैःपाचितेखादितेसति । प्रायश्चित्ती भवेच्छूद्रो जातिहीनो भवेद् द्विजः ।।२८।।

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28. Intake of the medicines prepared by the non-physicians:

Even a *śudra* (low-born) consuming medicines prepared by non-physicians is condemned to repent for that. If a *dvija* (twice-born or high-class) takes such medicines, he or she is bound to be condemned. There are only harmful effects in consuming medicines prepared by non-physicians, so one must not take them.

चिकित्सोपकरणानि–

भिषग् द्रव्यमुपस्थाता रोगी पादचतुष्टयम् । गुणवत् कारणं ज्ञेयं विकारस्योपशान्तये ।।२९।।

29. Tools of successful treatment:

The integration of an accomplished healer, medicinal herbs, a nurse and a patient, combination of these four is the pre-condition for a proper treatment.

वैद्यगुणाः–

श्रुते पर्यवदातत्वं बहुशो दृष्टकर्मता । दाक्ष्यं शौचमिति ज्ञेयं वैद्ये गुणचतुष्टयम् ।।३०।।

30. Merits of a physician:

The four essential qualities in an accomplished physician include - (i) being well versed in Ayurveda and the sciences connected with it, (ii) having all the practical experiences under guidance of learned teachers regarding preparation of various drugs, (iii) being very wise in dealing with people of various strata and age, and (iv) being well natured and clean in mind, in speech and in physical habits.

भेषजगुणाः–

प्रशस्तदेशसम्भूतं प्रशस्तेऽहनि चोद्धृतम् । युक्तमात्रं महावीर्यं गन्धवर्णरसान्वितम् ।।३१।।
कीटाद्यभक्षितं शुद्धं मृतं लोहादिकं तथा । समीक्ष्य काले दत्तञ्च भेषजं परमं मतम् ।।३२।।

31-32. Characteristics of a right kind of herb:

The quality of a perfect herb: It is grown up in a neat and clean area. It is uprooted during an auspicious constellatery position, holy days and through using pure and clean tools. The herb should also be in a proper amount or weight. It should be of perfect colour, should have a proper smelling and should be uncontaminated by various worms and insects. Apart from such pure and perfect herbs, the refined and purified metals like the iron in *bhasma* forms are counted among proper medicines.

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परिचारकगुणाः–

उपचारज्ञता दाक्ष्यमनुरागश्च भर्तरि । शौचञ्चेति चतुर्थोऽयं गुणः परिचरे जने ।।३३।।

33. Characteristics of a right kind of attendant:

The qualities of an efficient nurse include - providing proper amount of medicines with proper *anupāna* (i.e. water, honey, *ghṛitam*, or other liquid which carry and circulate the drug to various parts of the body) and regulating diets to the patient as per directions of the physician. A perfect nurse (or attendant) is also one having complete attachment to the diseased one, having clear grasp of the medical processes and being well-natured.

आतुरगुणाः–

स्मृतिर्निर्देशकारित्वमभीरुत्वमथापि च । ज्ञापकत्वञ्च रोगाणामातुरस्य गुणा मतः ।।३४।।

34. Characteristics of right kind of patient:

The qualities of a patient include having a proper memory, obedience to the instruction of physician, boldness and habit to state correctly the symptoms and feelings related to the ailment.

पादचतुष्टये वैद्यस्य प्राधान्यम्–

मृद्दण्डचक्रसूत्राद्याः कुम्भकारादृते यथा । नावहन्ति गुणं वैद्यादृते पादत्रयं तथा ।।३५।।

35. Four legs of a treatment:

As the collection of clay, baton, thread and wheel (the four items used in clay pottery) are of no use in absence of the potter, the combination of drugs, attendant, patient can do little in absence of a physician.

अज्ञवैद्यनिन्दा–

यस्तु रोगमविज्ञाय कर्माण्यारभते भिषक् । अप्यौषधविधानज्ञस्तस्य सिद्धिर्यदृच्छया ।।३६।।

36. Condemnation of an unknowledgeable physician:

A physician can never attain success if he or she is having knowledge of only preparation of the drugs. One must have skill also to correctly diagnose the indisposition.

विज्ञवैद्यप्रशंसा–

यस्तु रोगविशेषज्ञः सर्वभैषज्यकोविदः । साध्यासाध्यविधानज्ञस्तस्य सिद्धिः करे स्थिता ।।३७।।

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37. Praise of a knowledgeable physician:

The physician that is well-versed in understanding diseases as per the nature of the locality, timing and season concerned, that is knowledgeable in terms of the qualities and ingredients of different herbs, and that is having command over curable and incurable diseases, is one that accomplishes success in curing the patient.

शास्त्रप्रत्यक्षज्ञानयुतवैद्यप्रशंसा–

दृष्टकर्माचशास्त्रज्ञोवैद्यःस्यात् सिद्धिभागसौ । एकाङ्गहीनो न श्लाघ्य एकपक्ष इव द्विजः ।।३८।।

38. Merits of a knowledgeable physician:

A bird that has only one wing cannot fly in the sky. Likewise, one that is having only theoretical or only practical knowledge of treatment cannot achieve success. Only that physician can be successful which has thoroughly studied the Ayurveda and which has attained proper practical trainings under experts.

वैद्यपरिभाषा–

शास्त्रं गुरुमुखोद्गीर्णमादायोपास्य चासकृत् ।
यः कर्म कुरुते वैद्यः स वैद्योऽन्ये तु तस्कराः ।।३९।।

39. Definition of a right kind of physician:

A physician is one who has properly understood the statements of his or her teacher (*guru*) and who has repeatedly practiced the theories thus studied. He (or she) only is qualified to commence on the profession. On the contrary, the one who has a background of only a self-study of the medical books is not qualified to engage in practice. Such person is liable to be termed as swindler.

शास्त्रज्ञानशून्यवैद्यनिन्दा–

अविज्ञाय तु शास्त्राणि भेषजं कुरुते भिषक् । यम एव स विज्ञेयो मर्त्यानां मर्त्यरूपधृक् ।।४०।।

40. Condemnation of a physician that does not know the scientific texts:

The one who is practicing without any knowledge and study of the medicine is none but the *Yama* (the Death God) in guise of a physician.

निन्दनीयवैद्याः–

कुचैलः कर्कश स्तब्धः कुग्रामी स्वयमागतः । पञ्च वैद्या न पूज्यन्ते धन्वन्तरिसमा अपि ।।४१।।

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41. The physicians to be despised:

Physicians even when having a very high knowledge of medicine (or who can equal Dhanvantarī, the healing God himself) but demonstrating the following five characteristics are to be despised: (i) putting on dirty, soiled and stinking clothing, (ii) having a habit to speak roughly and harsh, (iii) living in the slum-areas, (iv) being a cheat and self-eulogizer, and (v) being accustomed to visit the patients even when they are not called for.

नाडीजिह्वाऽऽस्यमूत्राणांपरीक्षांयोनविन्दति । मारयत्याशु जन्तून्हिस वैद्यो यम एव हि ।।४२।।

42. One, who is not competent enough to check the pulse, tongues, mouth and urine of the patient is a killer physician. A patient should avoid treatment from such persons, for they are none but the *Yama* (the Death God) in guise of a physician.

आयुर्वेदचिकित्साफलम्–

अप्येकं नीरुजं कृत्वा जनं यादृशतादृशम् । आयुर्वेदप्रसादेन किं न दत्तं भवेद् भुवि ।।४३।।

43. Merits of successful treatment:

A physician that has cured a patient having curable or incurable disease through treating him/her by drugs should be considered as one who has donated the most valuable item in the earth, the life itself.

अन्यच्च–

कपिलाकोटिदानाद्धि यत्फलं परिकीर्तितम् । फलं तत्कोटिगुणितमेकातुरचिकित्सया ।।४४।।

44. Similar opinion:

The religious virtue one attains by donating thousands of thousand yellow colour (seemingly the best among the) cows is superseded by the virtues one gains by treating only a single patient.

अन्यच्च–

धर्मार्थकाममोक्षाणामारोग्यं कारणं यतः । तस्मादारोग्यदानेन नरो भवति सर्वदः ।।४५।।

45. Similar opinion:

The four kinds of duties and pursuits in life, namely the religious duties, the professional activities, the responsibility to carry progeny (including sexual relations), and practice of austerities to gain *Mokṣa* (roughly, emancipation from

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worldly evils), all of these need a disease free body. Therefore, the one (i.e. a physician) who provides freedom from disease and provides health is the greatest donor in the world.

अन्यच्च–

अप्येकं नीरुजीकृत्य व्याधितं भेषजैर्नरः । प्रयाति ब्रह्मसदनं कुलसप्तकसंयुतः ।।४६।।

46. Similar opinion:

By curing only a single patient through drugs, a physician is able to attain the *Brahmalok* (i.e. the best heaven) after death, and that too along with relatives spread through seven families.

चिकित्सकस्य ऋणादनिर्मुक्तौ दोषः–

चिकित्सितशरीरं यो न निष्क्रीणाति दुर्मतिः । स यत् करोति सुकृतं तत्सर्वं भिषगश्नुते ।।४७।।

47. On non-payment by the cured patient:

The patient who does not pay money to the physician after being cured or who does not compensate his fees through serving him in person (in case of the want of money) is not free from the loan of his physician. In such condition, the virtues gained by the cured ones get transferred to the credit of the physician only.

व्याधेस्त्रिधा ज्ञानं पुनर्दर्शयति–

दर्शनस्पर्शनप्रश्नैर्व्याधेर्ज्ञानं त्रिधा मतम् ।

दर्शनान्मूत्रजिह्वाद्यैः स्पर्शनान्नाडिकादिभिः । प्रश्नैर्दूतादिवचनादिति त्रेधा समुच्यते ।।४८।।

48. Characteristics of a cured patient:

A disease is diagnosed through examination by eye, touch and questioning. Moreover, an observation of the stool and urine passed by the patient, of his tongue, eyes, hands, and legs and other limbs can also reflect the nature and form of the diseases. A disease is also diagnosed through examining the pulse of the patients. The diagnosis can also be achieved through the relatives and messengers furnishing details of the condition, dietary habits and symptoms of the patient.

चिकित्साक्रमः–

रोगमादौ परीक्षेत ततोऽनन्तरमौषधम् । ततः क्रमं भिषक् पश्चाज्ज्ञानपूर्वं समाचरेत् ।।४९।।

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49. Process of treatment:

As described above, the physician should methodically examine the patient and diagnose the ailment. This should be followed by the tasting of the drugs to be applied. He should check if the drugs are really effective and purposeful for the patient. After these two observations (of the patient and the drugs), one should begin treatment in an intelligent manner.

अविज्ञातविज्ञातौषधयोर्हानिलाभौ–
यथा विषं यथा शस्त्रं यथाऽग्निरशनिर्यथा । तथौषधमविज्ञातं विज्ञातममृतं यथा ।।५०।।

50. Merits and demerits of medicines administered without a proper diagnosis:

The medication administrated by a stupid physician can even kill a patient as poison kills the human beings. It can also cause scabies and wounds in the body, and burning sensation. On the other hand a medication applied by a physician possessing both the theoretical and practical knowledge saves the life of patient and frees him from diseases as the nectar saves one's life.

इति भिषप्रत्नश्रीगोविन्ददाससंगृहीतायां भैषज्यरत्नावल्यां मिश्रवर्गप्रकरणं तृतीयम् ।।३।।
इति विद्योतिनीभाषाटीकायां मिश्रवर्गप्रकरणम् ।।३।।

End of the Chapter 3 of Bhaiṣajya Ratnāvalī with Commentary

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अथ चतुर्थं परिभाषाप्रकरणम् ४

Chapter 4
Definition of Various Terms

न मानेन विना युक्तिर्द्रव्याणां जायते क्वचित् । अतः प्रयोगकार्यार्थं मानमत्रोच्यते मया ।।१।।

1. Without proper measurement, different kinds of herbs and other medicines cannot be administered properly. Therefore, I describe the measurements and definitions of various terms so that herbs, etc. can be used effectively.

षड्भिस्तु सर्षपैर्गौरैर्यवस्त्वेकः प्रकीर्तितः । त्रिभिर्यवैश्च गुञ्जैका मता सैवेह रक्तिका ।।२।।
दशभिस्तुरक्तिकाभिःस्यान्माषकोहेमधान्यकौ ।माषैश्चतुर्भिः शाणः स्यात्तद्द्वयं कोल उच्यते ।।३।।
कोलद्वयञ्च कर्षः स्याच्छुक्तिः कर्षद्वयं तथा । शुक्तिभ्याञ्च पलं ज्ञेयं तदद्वयं प्रसृतिः स्मृता ।।४।।
प्रसृतिभ्यामञ्जलिःस्यात् कुडवोऽर्धशरावकः । अष्टमानञ्च स ज्ञेयः कुडवाभ्याञ्च माणिका ।।५।।
शरावोऽष्टपलं तद्वज्ज्ञेयमत्र विचक्षणैः । शरावाभ्यां भवेत्प्रस्थश्चतुःप्रस्थैस्तथाऽऽढकम् ।।६।।
चतुर्भिराढकैर्द्रोणस्तद्द्वयं सूर्पमुच्यते । सूर्पाभ्याञ्च भवेद् द्रोणी खारी द्रोणीचतुष्टयम् ।।७।।
पलानां द्विसहस्रञ्च भार एकः प्रकीर्तितः । तुला पलशतं ज्ञेयं सर्वत्रैष विनिश्चयः ।।८।।

2-8. The relative measurements of different terms are as follows. The six mustard seeds correspond in weight, to one *yava*; the three *yava* is equal to one *raktikā* that is also called *guñjā*. Ten *raktikās* equal to one *māṣa* that has also been named as *hemā* and *dhānyaka*. Four *māṣas* equal to one *śāṇa* and two *śāṇas* to one *kola*. Two *kola*s makes one *karṣa* and two *karṣa* weigh one *śukti*. Two *śuktis* are equal to one *pala* while two *palas* measure one *prasṛiti*. Two *prasartis* euqal to one *anjali* that is also referred to by such names as *kuḍava*, *ardha śrāvaka* and *aṣṭamāna*.

Two *kuḍavas* make one *manika* that is also called *śarāva* and *aṣṭapala*. Two *śarāvas* measure one *prastha* and four *prasthas* equal to one *āḍhaka*. Four *āḍhaka* are equal to one *droṇa* and two *droṇas* are equal to one *sūrpa*. Two *sūrpas* make one *droṇī* as four *droṇīs* make one *khārī*. A *bhāra* is equal to 2,000 (two thousand) *palas* while 100 (hundred) *palas* make one *tulā*.

Discussion- Here one *Māṣa* has been accepted as equal to ten *raktikās*. This measurement follows the opinion of Caraka. However, in some other texts, the weight of *Māṣa* has been defined differently. One chances to note in different texts that *Māṣa* has been equaled to five, six, seven, eight, ten and even twelve *raktikās*.

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Important synonyms used in the present context can be noted as below: -
Śāṇa-Dhāraṇa and *Tañka*.
Kola- Kṣudraka, *Vaṭaka*, and *Drankṣaṇa*.
Karṣa- Akṣa, *Picu*, *Pāṇitalam*, *Tindukam*, *Suvarṇa*, *Kovala*, *Udumbara*, *etc.*
Pala- Muṣṭi, *Āmra*, *Caturthikā*, *Prakuñca*, *Śodaśi* and *Bilva* and the like.
Anjali- Kuḍava, *Ardhaśarāva* and *Aṣṭamāna*.
Mānika-Śarāva and Aṣṭapala.
Āḍhaka- Bhājana, *Kansapatra* and *Catuśaṣṭi palas*.
Droṇa-Kalaśa, *Nalvaṇa*, *Armaṇa*, *Unmāna*, *Ghaṭa* and *Rāśi*.

द्रवार्द्रशुष्कद्रव्याणां मानग्रहणमर्यादा–

गुञ्जादिमानमारभ्य यावत्स्यात् कुडवस्थितिः । द्रवार्द्रशुष्कद्रव्याणां तावन्मानं समं मतम् ।।९।।
प्रस्थादिमानमारभ्यद्विगुणंतद्द्रवार्द्रयोः । मानं तथा तुलायास्तु द्विगुणं न क्वचित् स्मृतम् ।।१०।।

9-10. One must strictly adhere to the measurements in context of suggestions involving weight from *Guñjā* (*Raktikā*) to *Kuḍava* (*Ardhāśarāva*) (i. e. in relation to terms *Guñjā*, *Māṣa*, *Śeṇa*, *Kola*, *Karṣa*, *Śukti*, *Pala*, *Prasṛiti*, *Añjalī* and *Kuḍavā*) so far as use of oil, water, juice and like liquid are concerned. However, one should take the double amount in relation to measurements under the terms *Prastha* to *tulāmāna* (i.e. *Āḍhaka*) in relation to use of the liquid (as against the use of solid or non liquid substance). In relation to the measurement under the term *tulā* and the above (i.e. *Droṇa*, etc.), taking double amount in relation to liquid substances are again forbidden. (Translator: The term *tulā* has been defined variously. I have used the term in this work in a few places. I have used frequently the term *tolā* as has been done by the commentator. This is a minor weight (12 gm. approximately) and as such it is still known at least among the elderly of the country. The Sanskrit *tulā* which is ironically, the origin of term *tolā* is much greater in measurement. It may be noted that the term *tulā* is also used to refer the weighing tool as well.)

कुडवादीनामुल्लेखे द्वैगुण्यनिषेधः–

कुडवे माणिकायाञ्च तुलामाने तथैव च । पलोल्लेखागते माने न द्वैगुण्यमिहेष्यते ।।११।।

11. Prohibiting the intake of double amount of the herbs:

In preparations where one is clearly instructed to employ liquid substances in measurements prescribed under terms of *Kuḍava*, *Māṇika*, *tulā* and *Pala*, the method of doubling the amount is not allowed.

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कुडववैशिष्ट्यम्–

कुडवेऽपि क्वचिद् द्वित्वं यथा दन्तीघृते स्मृतम् । सपिः खण्डजलक्षौद्रतैलक्षीरासवादिषु ।।
अष्टौ पलानि कुडवो नारिकेले तथैव च ।।१२।।

12. Especiality about the measurement of kuḍava:

In preparation of the *Dantīghṛita*, the herbs prescribed in measure of *kuḍava* should be taken in double amount (of its general measurement i.e. 192 gm./ ml. i.e. 384 gm/ml.). Likewise, the measure of *kuḍava* in relation to liquid substances like *ghṛitam*, jaggery, water, honey, oil, milk, syrup and the coconut water prescribed in the formula should also be taken in double amount.

आर्द्रद्रव्यद्विगुणग्रहणहेतुः–

शुष्कद्रव्यस्ययामात्राआर्द्रस्य द्विगुणा मता । शुष्कस्य गुरुतीक्ष्णत्वात् तस्मादर्धं प्रयोजयेत् ।।१३।।

13. Taking double measurement in cases of wet herbs:

In case of the substances dried in sun, they should be used in an amount half to the prescribed doses for such dried herbs are heavy by nature and aggressive in action. But the liquid and wet herbs are by nature light and mild in action. Therefore, they are to be taken in doses double to the amount prescribed.

अस्यापवादः–

वासीनिम्बपटोलकेतकिबलाकूष्माण्डकेन्दीवरीवर्षाभुकुटजाश्वगन्धसहितास्ताः पूतिगन्धाऽमृता ।मांसं नागबलासहाचरपुरौहिंग्वार्द्रके नित्यशोग्राह्यास्तत्क्षणमेव न द्विगुणिता ये चेक्षुजाता घनाः ।।१४।।

14. Exception to the above rule:

The following herbs and other materials should be taken in amount as prescribed in different formulas (and halving and doubling of the amount should not be resorted to): *aḍuṣā*, *nimba*, *paṭola*, *ketakī*, *balā*, white cucumber, *śatāvari*, *punrnavā*, *kuṭaja*, *aśvagandhā*, *prasārini*, *guḍūcī*, flash (of different animals), *nāgabalā*, *jhinṭi*, *guggulu*, asafoetida, ginger and jaggery or raw-sugar.

त्रिफलालक्षणम्–

पथ्या बिभीतकं धात्री महती त्रिफला स्मृता । स्वल्पा काश्मर्यखर्जूरपरूषकफलैर्भवेत् ।।१५।।

15. Characteristics of the tṛiphalā herbs:

The *Tṛiphalā* (literally meaning the 'group of three fruits') includes the *pathyā* (*or haraḍa*), *vibhītaka* and *dhātrī* (*āmalakī*) (*Terminalia cebula*, *Terminalia*

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beleṛica and *Phyllanthus emblica*). The lesser variety of *Tṛiphalā* includes the following three fruits: *gambhārī*, *kharjūra*, and *paruṣka*.

Discussion – Suśruta and the author of *Bhāva Prakāśa* has suggested equal amount of *haraḍa*, *vibhītaka* and *dhātrī* as consisting the *Tṛiphalā* combination. However, the author of the text *Śārangadhara Samhitā* suggests the ratio of 1:2:4 in relation to *Harītakī*: *Vibhītaka*: *Āmalakī*.

त्रिमदलक्षणम्–

मुस्तं चित्रं विडङ्गं च त्रिमदः समुदाहृतः ।।१६।।

16. Characteristics of the tṛimada:

The *Tṛimada* or 'three tranquilizers' include the *mustaka* (Cyperus rotundus), *citraka* (Plumbago zeylanica) and *viḍanga* (Embelia ribis).

मधुरत्रिकलक्षणम्–

घृतं गुडोऽथ माक्षिकं च विज्ञेयं मधुरत्रयम् । ज्ञेयं त्रिमधुरं चैव प्रोक्तं च मधुरत्रिकम् ।।१७।।

17. Characteristics of madhutṛika:

The *madhuratrayam* or the 'three sweets' include the clarified butter (*ghṛitam*), raw sugar (*guḍa*) and honey (*madhu*). They are also named as *Tṛimadhura* and *Madhuratṛik*.

क्षारत्रयलक्षणम्–

सर्जिक्षारो यवक्षारष्टङ्कणक्षार एव च । क्षारत्रयं समाख्यातं त्रिक्षारं च प्रकीर्तितम् ।।१८।।

18. Characteristics of Kṣāratraya:

The *Kṣāratraya* or *Tṛikṣāra* includes the combination of the following three items *Svarji kṣāra* (carbonate of soda), *Yava kṣāra* (carbonate of potash) and *Tañkaṇa kṣāra* (borax).

त्रिकटुलक्षणम्–

पिप्पली मरिचं शुण्ठी त्रयमेतद्विमिश्रितम् । त्रिकटु त्र्यूषणं व्योषं कटुत्रिकमथोच्यते ।।१९।।

19. Characteristics of tṛikaṭu:

The *Tṛikaṭu* or the 'three bitter herbs' include the *pippalī* (Piper langum or pepper), *marica* (Piper nigrum or black pepper) and *śunṭhī*, i.e. the dried ginger (Zingeber officinalic). They are also refered as the *tṛiuṣṇa*, *kaṭutṛika* and *vyoṣa*.

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त्रिजातकलक्षणम्–

त्वगेलापत्रकाण्येव-मिलितानिसमानि चेत् । तान्येव कथितं शास्त्रे त्रिसुगन्धि त्रिजातकम् ।।२०।।

20. Characteristics of tṛijātāka:

The *Tṛisugandhi* or *Tṛijātāka* (literally the 'three high born ones') include the *tvak* (bark of cinnamon), *elā* (lesser variety of cardamom) and *patraka* (leaves of *tamalā*) all taken in equal parts.

चतुरूषणलक्षणम्–

पिप्पलीमूलसंयुक्तं स्याद्यदि त्र्यूषणं क्वचित् । वैद्यैस्तदा वेदितव्यं तदेव चतुरूषणम् ।।२१।।

21. Characteristics of caturuṣṇa:

The *Caturuṣṇa* or the four hot herbs include the three herbs described as *Tṛiuṣṇa* above (the pepper, black paper and dried ginger)(see 17) and the *pippalīmūla*, i.e. the roots of the Piper longum.

चातुर्जातकलक्षणम्–

नागकेसरसंयुक्तं त्रिजातकमिहोदितम् । चातुर्जातकनाम्नेति ज्ञातव्यं भिषजा सदा ।।२२।।

22. Characteristics of cāturjātaka:

The *Caturjaṭāka* or the high born ones 'refers the group of herbs indicated above as *Tṛijātaka* as well as the *Nāgakeśara* (Ochro carpus longifolius).

चातुर्भद्रकलक्षणम्–

नागरातिविषामुस्तं त्रयमेतद्विमिश्रितम् । गुडूचीसंयुतं तच्च चातुर्भद्रकमुच्यते ।।२३।।

23. Characteristics of caturbhadraka:

The *Caturbhadraka* or the ' four gentle herbs' include dried ginger, *ativiṣā* (Aconitum cordatum), *mustaka* (Cyperus rotundus) and *Guḍūcī* (Tinospora caordifolia).

चतुरम्ललक्षणम्–

कोलदाडिमवृक्षाम्लैरम्लवेतससङ्गतैः । ज्ञातव्यं चतुरम्लं हि भिषजौषधसाधने ।।२४।।

24. Characteristics of caturamla:

The *Caturamla* or the 'four citrus herbs' include plum fruit, *dāḍima* (pomegranate, puinica granatum), *Vṛikṣāmla* (*Kokam*, butter tree) and *Āmlavetasa* (common sorrel).

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स्नेहचतुष्टयलक्षणम्–

सर्पिस्तैलं वसा मज्जा स्नेहोऽप्युक्तश्चतुर्विधः । पानाभ्यञ्जनबस्त्यर्थं नस्यार्थं चैव योगतः ।।२५।।

25. Characteristics of sneha catuṣṭaya:

The *Sneha Catuṣṭaym* or the 'four oily substance' include the *ghṛitam* (clarified butter), oil (generally of sesame), fat and *majjā* (central part of kernels, seed pulp and in cases, marrow). They are used orally, for massage and for application of *basti* and nasal therapies.

पञ्चकोललक्षणम्–

पिप्पलीपिप्पलीमूल-चव्यचित्रकनागरम् । पञ्चभिः कोलमात्रं यत् पञ्चकोलं तदुच्यते ।।२६।।

26. Characteristics of pañcakola:

The *Pañca kola* herbs includes the combination in equal parts, of the following: pepper, the root of pepper, *cavya* (Chabica offcinarum), *citraka* and *śunṭhī*, i. e. dried ginger.

पञ्चाम्ललक्षणम्–

चतुरम्लं मातुलुङ्गेनान्वितं मुनयोऽनिशम् । पञ्चाम्लमिति भाषन्ते भैषज्यकुशला जनाः ।।२७।।

27. Characteristics of pañcāmla:

The *Pañcāmla* or the group of five citrus herbs includes the plum fruit, pomegranate, *kokam* (butter tree), common sorrel and *jambīra* lemon or *mātulunga* (Citrus acida). Thus addition of the *mātulunga* to the group of *catur āmla*, the *Pañca āmla* combination is made as per suggestions of the physicians.

क्षीरिवृक्षलक्षणम्–

उदुम्बरो वटोऽश्वत्थो वेतसः प्लक्ष एव च । पञ्चैते क्षीरिणो वृक्षाः संज्ञया समुदाहृताः ।।२८।।

28. Characteristics of kṣīri vṛikṣa:

The *Kṣīrī vṛikṣas* or the trees having latex among their trunks generally refer to there plants: *udumbara* (Ficus glomerata), *vaṭa* (the banyan tree), *aśvattha* (Ficus religiosa), *vetasa* (Hibixus) and *plakṣa* (Ficus infectoria).

पञ्चपल्लवलक्षणम्–

आम्रजम्बूकपित्थानां बीजपूरकबिल्वयोः । गन्धकर्मणि सर्वत्र पत्राणि पञ्चपल्लवम् ।।२९।।

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29. Characteristics of pañca pallava:

The *Pañca pallava* or the 'Five Leaves' include the leaves obtained from these five trees: mango, *jambū*, *kapittha*, *mātulunga* and *bilva*. These leaves are widely used for preparing scents.

पञ्चाङ्गलक्षणम्–

त्वक्पत्रफलमूलानि पुष्पाणि द्रोस्तु कस्यचित् । मिलितान्येव पञ्चाङ्ग ज्ञातव्यं वैद्यसत्तमैः ।।३०।।

30. Characteristics of pañcānga:

The *pañcānga* or the ' Five Limbs' refer to the group of such parts of tree as the bark, leaves, fruits, roots and flowers.

पञ्चलवणलक्षणम्–

सिन्धुसौवर्चलं चैव विडं सामुद्रमौद्भिदम् । एकद्वित्रिचतुष्पञ्चलवणानि क्रमादिह ।।३१।।

31. Characteristics of pañca lavaṇa:

The five kinds of salt include the *saindhava* (rock-salt), *sauvrcala* (the salt obtained from the Sāmbhar lake of Rajasthan), *viḍa* (the black salt), *sāmudrīkā* (the common salt)) and *udabhida* (the salt obtained from saline solid deposits). In the same sequence these salts are referred to as *ek, dvi, trik, chatur* and *pañcha lavaṇa*.

पञ्चमूलादिलक्षणम्–

बिल्वश्योनाकगाम्भारीपाटलागणिकारिकाः । एतन्महत्पञ्चमूलं संज्ञया समुदाहृतम् ।।३२।।
शालपर्णीपृश्निपर्णीबृहतीद्वयगोक्षुरम् । कनीयः पञ्चमूलं स्यादुभयं दशमूलकम् ।।३३।।

32-33. Characteristics of pañcamūla and the like:

The *Pañca mūla* or the 'Five Roots' involve roots of these herbs: *bilva* (Aegle mermelos), *śyoṇāka* (Oroxylum indicum), *gambhārī* (Gmelina arborea), *pāṭal* (Stereosprmum suaeolens), and *araṇī* (Premna interifolia). The combination of these five roots is also called the *Bṛihat Pañca mūla* i.e. the greater variety of *Pañca mūla*. The *Laghu Pañca mūla* or the lesser variety of *Pañca mūla* consists of the combination of these herbs: *śālaparṇī* (Desmodium gangeticum), *pṛiśniparṇī* (Uraria lagopoides), the two (small and lesser kinds of) *bṛihatīs* (*Solanum* in *dicum*) and *gokṣura* (Tibulus Terestris). The combination of the greater and lesser varieties of *Pañca mūlas* makes the *Daśa mūla* group, i.e. the group of ten (*Daśa*) roots (*Mūlas*).

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पञ्चतृणमूललक्षणम्–

कुशः काशः शरो दर्भ इक्षुश्चैव तृणोद्भवम् । पञ्चतृणमिदं ख्यातं तृणजं पञ्चमूलकम् ।।३४।।

34. Characteristics of Pañca Tṛiṇamūla:

The *Pañca Tṛiṇa Mūlam* or the 'roots of five grasses' involves the following plants, *kuśa* (Andropogon nardaides), *kāṣa* (Saocharum spantanesem), *śara* (Andropogon cittratus), *darbha* (Poa cynosuroides) and *ikṣu* (sugar cane).

पञ्चवल्लीमूललक्षणम्–

विदारी चाजशृङ्गी च रजनी सारिवाऽमृतम् । वल्लीजं पञ्चमूलं च कथितं मुनिपुङ्गवैः ।।३५।।

35. Characteristics of pañca vallīmūla:

The *Vallī Pañca Mūlam* or the 'fruit rinds (stock roots) of the five plants include the following plants *vidārī*, *ajaśṛīngī*, *haridrā*, *anantamūla* and *guḍūcī*.

कण्टकपञ्चमूललक्षणम्–

करमर्दः श्वदंष्ट्रा च हिंस्रा झिण्टी शतावरी । कण्टकाख्यं पञ्चमूलं निर्दिष्टं सूक्ष्मबुद्धिभिः ।।३६।।

36. Characteristics of kañṭaka pañcamūla:

The *Kañṭaka Pañca Mūla* or the roots of five thorny herbs include these five plants *karamarda*, *gokṣura*, *kañṭakārī*, *jhinṭi* and *śatāvarī*.

पञ्चगव्यादिलक्षणम्–

पञ्चगव्यं दधि-क्षीर-घृत-गोमूत्र-गोमयैः । भिषजां सम्मतं नूनमधिभेषजसाधनम् ।।३७।।

37. Characteristics of pañca gavya:

The *Pañca Gavya* or 'Five products of cow' include the milk, urine, curd, *ghṛitam* and the dung of cows.

षडूषणलक्षणम्–

पिप्पलीपिप्पलीमूलचव्याचित्रकनागरम् । मरिचेनाम्वितं नूनं षडूषणमुदीर्यते ।।३८।।

38. Characteristics of ṣada uṣaṇa:

The *Ṣaḍa Uṣaṇa* or the 'six bitter' herbs refer to the combination *Pañca Uṣṇa* above as well as the inclusion of *marica*, i.e. black pepper. Thus this group consists of the pepper, roots of pepper, black pepper, *citraka*, *cavya* and dried ginger.

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अष्टवर्गलक्षणम्–

मेदे चाप्यथ काकोल्यौ जीवकर्षभकौ तथा । ऋद्धिवृद्धियुतैः सर्वैरष्टवर्ग उदाहृतः ।।३९।।

निघण्टुमतानुसार–

जीवकर्षभकौमेदे काकोल्यौ ऋद्धिवृद्धिके । वरीविदार्यश्वगन्धावाराहीश्च क्रमात् क्षिपेत ।। भावप्र.

जीवक ऋषभक अभाव शतावरी द्विगुण

मेदा महामेदा " विदारीकन्द द्विगुण

काकोली क्षीरकाकोली " असगन्ध द्विगुण

ऋद्धि और वृद्धि " वाराहीकन्द द्विगुण

मतान्तरम्–

ऋद्ध्यभावे बला ग्राह्या वृद्ध्यभावे महाबला । मेदाऽभावे चाश्वगन्धा महामेदे तु शारिवा ।।
जीवकर्षभकाभावे गुडूचीवंशलोचने । काकोली युगलाभावे निक्षिपेच्च शतावरीम् ।।

39. Characteristics of Aṣṭa varga:

The *Aṣṭa Varga* or the 'Group of Eight' herbs include the *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛidhi* and *vṛiddhi*.

Discussion – The above *Aṣṭa varga* herbs have their substitutes also. They can be used if situation requires so. For example according to *NIghanṭ,* in want of *jīvaka* one can use *bahmana* red (or long *sālava*). The *ṛiṣabhaka* can be substituted by the *Bahmana* of white variety. The *m edā* can be substituted by the best variety of *sālava*, *mahāmedā* by *śakākula miśṛī* (raw sugar), *kākolī* by *muśalī* of black variety, *kṣīrakākolī* by the *muśalī* of white variety, *ṛiddhi* by the *pakṣi kand* and *vṛiddhi* by *sālava panja*.

In opinion of other theorists the substitutes above can be listed as below.

Ṛddhi by *balā*, *vṛiddhi* by *mahābalā*, *medā* by *aśvagandhā*, *mahāmedā* by *śārivā*, *jīvaka* by *guḍūcī*, *ṛiṣabhaka* by *vanśalocana*, *kākolī* by *śatāvarī* and *kṣīrakokoli* also by *śatāvarī*.

अष्टमूत्रलक्षणम्–

अविमूत्रमजामूत्रं गोमूत्रं माहिषं च यत् । हस्तिमूत्रमथोष्ट्रस्य हयस्य च खरस्य च ।।४०।।

40. Characteristics of Aṣṭa mūtra:

The *Aṣṭa Mūtra* or 'the urine of eight kinds' involves urines of these animals: sheep, she-goat, cow, buffalo, elephant, camel, horse and donkey.

अष्टक्षीरलक्षणम्–

अविक्षीरमजाक्षीरं गोक्षीरं माहिषं च यत् ।

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उष्ट्रीणां हस्तिनीनां च वडवायाः स्त्रियस्तथा ।। अष्टक्षीरमिदं प्रोक्तमायुर्वेदमुनीश्वरैः ।।४१।।

41. Characteristics of Aṣṭa kṣīra:

The *Aṣṭa Kṣīra* or 'the milk of eight kinds' refers to the combination of the milks of women and these animals: sheep, she-goat, cow, buffalo, she-camel, she-elephant and mares.

क्षाराष्टकलक्षणम्–

अपामार्गपलाशार्क-तिलमुष्कयवाग्रजम् । स्वर्जिटङ्कणसंयुक्तं क्षाराष्टकमुदाहृतम् ।।४२।।

42. Characteristics of kṣāra Aṣṭaka:

The *Kṣāra Aṣṭaka* or the 'Eight Alkalis' include the alkalis of plants *Apāmārga*, *Palāśa*, *Madāra*, *Tila*, *Muśka* as well as the trio of *Savrji kṣāra* (soda carbonate), *Yava kṣāra* (potash carbonate) and *Tañkaṇa kṣāra* (borax).

सर्वसुगन्धिलक्षणम्–

चातुर्जातककर्पूरकक्कोलागुरुशिह्लकम् । लवङ्गसहितं चैव सर्वगन्धं विनिर्दिशेत् ।।४३।।

43. Characteristics of sarvasugandhi:

The *Sarvasugandhi* is the group of the following scented herbs: the *Caturgandhā* herbs (including cinnamon, smaller cardamom, cassia leaves, and *nāgakeśara*, and camphor, *kañkola* (cubebs), *agara* (calambac), *śilārasa* (Liquid Amber) and the clove.

जीवनीयगणलक्षणम्–

अष्टवर्गश्च पणिन्यौ जीवन्ती मधुकं तथा । जीवनीयगणः प्रोक्तो जीवनश्च पुनस्ततः ।।४४।।

44. Characteristics of the herbs of jīvanīya group:

The *Jīvanīyagaṇa* or the 'life giving' combination of herbs includes the plants indicated in the *Aṣṭavarga* above (see 39) as well as the *Māṣaparṇī* (Taramnus labialis), *mudgaparṇī* (Phaseolus tṛilobus), *Jīvantī* (Dendrobium macrea) and *Madhuka* (Liquorice root).

श्वेतमरिचलक्षणम्–

शोभाञ्जनस्य यद्बीजं तच्छ्वेतमरिचं स्मृतम् ।

Characteristics of śveta marica:

The term *Śveta Marica* or white pepper has been applied to the seeds of the *Sobhāñjana* plant.

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ज्येष्ठाम्बुसुखोदकयोर्लक्षणम्–

ज्येष्ठाम्बु तण्डुलाम्ब्वीषदुष्णाम्बु च सुखोदकम् ।।४५।।

45. Definitions of jayeṣṭha ambu and sukhodaka:

The term '*Sukhodaka'* is applied to the water that is a little warm. The water collected after washing of the rice grains has been called *Jayeṣṭha Ambu*.

गुडाम्बुलक्षणम्–

गुडयोगाद् गुडाम्बु स्याद् गुणवर्णरसान्वितम् ।।४६।।

46. Characteristics of Guḍambu:

The term '*Guḍambu*' is applied to the water added with the raw sugar. (As much amount of the raw sugar should be dissolved into water as to change its colour and taste to that of the raw sugar.)

वेशवारलक्षणम्–

निरस्थि पिशितं पिष्टं स्विन्नं गुडघृतान्वितम् । कृष्णामरिचसंयुक्तं वेशवार इति स्मृतः ।।४७।।

47. Definition of the veśavāra:

The term *Veśavāra* is applied to the pounded boneless meat fried into *ghṛitam* along with a little raw sugar, pepper, black pepper.

अम्लमूलकादिलक्षणम्–

काञ्जिके व्युषितं पक्वं मूलकं त्वम्लमूलकम् ।

दध्नः ससारकस्यात्र तक्रं कट्वरमिष्यते । तक्रं ह्युदश्विन्मथितं पादाम्ब्वर्धाम्बु निर्जलम् ।।४८।।

48. Characteristics of amlamūlaka and the like:

The name *Amlamūlaka* is given to the liquid that is obtained by soaking pieces of radish into *kānji* for some time (so that it gets stale) and finally boiled for a while. The buttermilk obtained from the full-cream curd is called *kaṭvara*. The *takra* is kind of buttermilk which is prepared by mixing curd and water in 4:1 ratio. The *udaśvit* is buttermilk prepared by taking curd and water in 4:2 ratio. If the buttermilk is prepared without adding water to curd this preparation is called *mathita*.

शुक्तलक्षणम्–

कन्दमूलफलादीनि सस्नेहलवणानि च । यत्र द्रव्येऽभिषूयन्ते तच्छुक्तमभिधीयते ।।४९।।

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49. Characteristics of śukta:

The term *śukta* is applied to that stale stock-roots, roots and fruits which are kept tight in a pot along with some salt and oil in it. It thus get fermented.

शीध्वासवमैरेयलक्षणानि–

शीधुरिक्षुरसैः पक्वैरपक्वैरासवो मतः । मैरेयं धातकीपुष्पगुडधान्याम्लसंहितम् ।।५०।।

50. Characteristics of śīdhavāsava and maireya:

Śidhu is the liquor that is obtained from the cooked juice of sugar-cane. The term *āsava* is given to that kind of liquor which is obtained without cooking it. *Maireya* is the kind of liquor that is obtained by mixing the flowers of *dhātakī*, *guḍa* (raw sugar) and *kānji* into the juice of sugar-cane.

आसवारिष्टयोर्लक्षणम्–

यदपक्वौषधाम्बुभ्यांसिद्धंमद्यंसआसवः ।अरिष्ठः क्वाथसिद्धः स्यात् संपक्वो मधुरद्रवैः ।।५१।।

51. Characteristics of āsava and ariṣṭa:

The term *āsava* is given to the preparation of herbs along with water without cooking them. On the other hand an *ariṣṭa* is that liquid syrup that is prepared through cooking herbs along with *guḍa* into water.

काञ्जिकलक्षणम्–

आशुधान्यं क्षोदितं च बालमूलन्तु खण्डशः । कृतं प्रस्थमितं पात्रे जलं तत्राढकं क्षिपेत् ।।५२।।
तावत् सन्धाय संरक्षेद् यावदम्लत्वमागतम् । काञ्जिके तत्तु विज्ञयमेतत् सर्वत्र पूजितम् ।।५३।।

52-53. Characteristics of kānjika:

The *kānji* is a liquid preparation obtained by coarsely powdered paddy (of *ṣaṣṭhi* variety, that is easily cooked) measuring 576 gm. and fresh radish pieces measuring 192 gm. mixed together into water measuring 750 ml. to 3 litres in an earthen pot. The mix should be kept in the pitcher so long as it gets fermented and develops a citrus taste. By the name of *kānji* or *kānjika* this syrup is used all around.

मधुशुक्तलक्षणम्–

जम्बीरस्वरसप्रस्थं मधुनः कुडवं तथा ।
तावच्च पिप्पलीमूलादेकीकृत्य घटे क्षिपेत् । धान्यराशौ स्थितं मासं मधुशुक्तं तदुच्यते ।।५४।।

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54. Characteristics of madhu śukta:

The *madhu śukta* is prepared through obtaining the juice of *jambīra* lemon worth 750 ml., honey measuring 192 gm., the *pippalī mūla* measuring 192 gm. in a pitcher. This pot should be kept inside a deposit of paddy for one month. The outcome of this preparation is *madhu śukta*.

तर्पणलक्षणम्–

द्रवेणालोडितास्ते स्युस्तर्पणं लाजशक्तवः ।।५५।।

55. Definition of tarpaṇa:

The term *tarpaṇa* is applied to the drink containing mixture of some liquid (like the juice of sugar-cane) and the *śaktu* (fine powder of the roasted grains) of paddy poppy (*lājā*).

मन्थलक्षणम्–

शक्तवःसर्पिषा युक्ताः शीतवारिपरिप्लुताः । नात्वच्छा नातिसान्द्राश्च मन्थ इत्यभिधीयते ।।५६।।

56. Characteristics of mantha:

The term *mantha* is applied to the consistent liquid having *śaktu* (see 55 above) and *ghṛitam* mixed together. It should be neither very thin nor very thick.

द्रव्यप्रतिनिधि-परिभाषा–

कदाचिद् द्रव्यमेकं वा योगे यत्र न लभ्यते । तत्तद्गुणयुतं द्रव्यं परिवर्त्तेन गृह्यते ।।५७।।

57. Definition of dravya pratinidhi (substitute of a prescribed herb):

The substances required in various formulas can be, in case of their want, replaced or substituted by other substances having similar properties.

मधु यत्र न विद्येत तत्र जीर्णो गुडो मतः । पुरातनगुडाभावे रौद्रे यामञ्चतुष्टयम् ।।५८।।
संशोष्य नूतनं ग्राह्यं पुरातनगुडैषिणा । क्षीराभावे भवेन्मौद्गो रसो मासूर एवा वा ।।५९।।

58-59. For example, it honey is not available one could substitute it through old *guḍa* (raw sugar), If the old *guḍa* is also wanting, then one can use fresh *guḍa* after keeping it in the hot sun for four *praharas*, i.e. 12 hours. In want of milk, one can use the *yūṣa* (pulse-soup) of the lentil or *mudga* beans.

सिताऽभावे च खण्डः स्याच्छाल्यभावे च षष्ठिकः ।
असम्भवे च द्राक्षाया गम्भारीफलमिष्यते ।।६०।।

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60. In absence of *miśṛī* (large sugar crystals) one can use jaggery. Likewise, if the *śāli* variety of rice is not available, one can substitute it through the *ṣaṣṭika* variety. If *drākṣa* is not available one can use the fruit of *gambhārī* in its stead.

नतं तगरमूलं स्यादभावे शिहलीजटा । न भवेद्दाडिमो यत्र वृक्षाम्लं तत्र दापयेत् ।।६१।।

61. The root of *tagar* plant is called *nata*. If that is not available one can use the root of *śihali* in its place. Where the pomegranates are unavailable one can use the *vṛikṣa āmla* in its place.

सौराष्ट्रमृदभावे च ग्राह्या पङ्कस्य पर्पटी । लौहाभावे तु मण्डूरं दाव्यभावे मता निशा ।।६२।।

62. In absence of the soil of *saurāṣṭra* one can use the *pañka parpaṭī* (the upper layer of the mud that is dried). Similarly the iron can be substituted by the *manḍūra*. If the *dāru haridrā* is unavailable one can work with the *haridrā* as its substitute.

सुवर्ण रूप्ययोगस्याभावे लौहं प्रदापयेत् । नित्यं युञ्जातकाभावे तालमस्तकमिष्यते ।।६३।।

63. The *suvarṇa* and *rajat bhasmas* can be substituted with the *lauha bhasma*. The plant *yujañtaka* can be replaced with the plant *tāla mastaka*.

वाराहीणामभावे तु चर्मकारालुकं मतम् । सामुद्रं सैन्धवाभावे विडं गृह्यते बुधैः ।।६४।।

64. In absence of the *Vārāhī kanda*, one can work with the *carmakārāluka* (literally, potato of the 'cobbler's choice'). The rock salt can be substituted by the common salt or the *viḍa* salt if the former is not available.

अभावेपृश्निपर्ण्याश्च सिंहपुच्छी विधीयते । कुङ्कुमस्याप्यभावेऽपि निशा ग्राह्या भिषग्वरैः ।।६५।।

65. In lack of *pṛiśniparṇī* one should use the plant *sinhapucchī*. The wise physician substitutes the *kumkum* with *haridrā* in want of the former. (Both of these are identical with regards to their respective colours. This replacement is meant not in view of similarity in their qualities.)

मुक्ताऽभावेशुक्तिचूर्णंव्रजाभावे वराटिका । कर्कटशृङ्गिकाऽभावे मायाऽम्बु चेष्यते बुधैः ।।६६।।

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66. The want of the *bhasma* of pearls is to be made up through the *bhasma* of *śukti* while the *vajra bhasma* can be replaced by the *bhasma* of *Varāṭikā* (cowries). The fruit of *karkaṭa śṛīngī* can be substituted from the fruit of *mayāmbu*.

धान्यकाभावतो दद्याच्छतपुष्पां भिषग्वरः । मूर्वाऽभावे त्वचो ग्राह्या जिङ्गन्या ब्रुवते सदा ।।६७।।

67. One should use aniseeds in want of coriander. Similarly in absence of *mūrvā* one should use the bark of *jingani* (*manjiṣṭhā*).

कुस्तुम्बुरुनविद्येत यत्र तत्र च धान्यकम् । पुष्पाभावे फलञ्चामं विङ्भेदे बिल्वतः फलम् ।।६८।।

68. If the *kusatumburu* (the Nepalese coriander seeds) is not available, one can use the common coriander instead. If the flowers of the prescribed plant is not available one can use its unripe fruit. (In case of dysentery one should use the unripe *bilva* fruit only.)

यष्ट्याह्वाभावतो विद्याच्चव्यं तस्याप्यभावतः । मूलं मौशलिकं देयमभावे कुटजस्य च ।।६९।।

69. The want of *yaṣṭi* can be made up through use of the *cavya*. It the *cavya* is also not available, one can utilize the root of *muśalī*. The root of *muśalī* is also a substitute to the bark of *kuṭaja*.

रास्नाऽभावे चबन्दाकंजीराभावे च धान्यकम् । तुम्बुरूणामभावेऽपि शालिधान्यं प्रकीर्त्तितम् ।।७०।।

70. In lack of *rāsnā*, use *bandākam*, in lack of cumin seeds use coriander seeds and in lack if *tumburu* (the Nepalese coriander) use the *śāli* variety of paddy.

भल्लातकासहत्वेऽपि रक्तचन्दनमिष्यतेः । भल्लाताभावतश्चित्रं नलश्चेक्षोरभावतः ।।७१।।

71. If one is not in a position to tolerate *bhallātaka*, one should be offered the sandalwood of red variety. In want of *bhallātaka*, one could use the bark of the roots of plant *citraka*. The want of sugar-cane is to be made up through *nala* reeds.

मद्याभावेचशिण्डाकीशुक्ताभावेचकाञ्जिकम् । चित्रकाभावतोदन्तीक्षारः शिखरिजोऽथवा ।।७२।।

72. The lack of *madya* (liquor) is to be made up by the use of *śinḍaki*. In absence of *śukta* one can use *kānji* instead. The plant *citraka* can be substituted by the root of *dantī* or the alkali of *śikhārija*.

अभावे धन्वयासस्य प्रक्षेप्या तु दुरालभा । अहिंस्त्रायाः अभावे तु मानकन्दः प्रकीर्तितः ।।७३।।

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73. The lack of *dhanvayāsa* and *ahimsra* can be each made up by the use of *durālabhā* and *mānakanda* respectively.

लक्ष्मणाया अभावे तु नीलकण्ठशिखामता । बकुलाभावतो देयं कह्लारोत्पलपङ्कजम् ।।७४।।

74. The plant *lākṣāmaṇā* can be substituted with the *mayūraṣikhā* as the plant *bakulā* (*mauliśrī*) can be substituted by red or blue variety of *kamala* (Lotus).

जातीपुष्पं न यत्रास्ति लवङ्गं तत्र दीयते । अर्कपर्णादिपयसो ह्यभावे तद्रसो मतः ।।७५।।

75. The want of *jatīpuṣpa* can be made up through application of clove. If the latex of plant *arka* is not available one can employ the juice of its leaves.

पुष्कराभावतः कुष्ठं ततो लाङ्गल्यभावतः । स्थौणेयकस्याभावे तु भिषग्भिर्दीयते गदः ।।७६।।

76. The use of plant *kuṣṭha* is capable to make up the want of *puṣkaramūla* and *lāngalī* as well as *sthauṇeyaka* plant.

कुङ्कुमाभावतो देयं कुसुम्भकुसुमं नवम् । श्रीखण्डचन्दनाभावे कर्पूरं देयमिष्यते ।।७७।।
अभावे त्वेतयोर्वैद्यः प्रक्षिपेद् रक्तचन्दनम् । रक्तचन्दनकाभावे नवोशीरं विदुर्बुधाः ।।७८।।
मुस्ता चातिविषाऽभावे शिवाऽभावे शिवा मता । अभावे नागपुष्पस्य पद्मकेशरमिष्यते ।।७९।।

77-79. In the absence of *kumkum*, use the fresh flowers of *kusumbha*. In want of white sandal, use camphor. If both of them are wanting employ the red variety of sandal. If the red sandal is to be substituted, use fresh *uśīra*. In want of *ativiṣā*, use *mustā*. In lack of *harītakī*, employ *āmalakī* instead. In absence of *nāgakeśara* use the *kamalakeśara*.

मेदाऽभावेऽश्वगन्धा स्याद् महामेदे तु शारिवा । जीवकर्षभकाभावे गुडूची वंशलोचना ।।८०।।
ऋद्ध्यभावेबलाग्राह्या वृद्ध्यभावे महाबला । काकोलीयुगलाभावे निक्षिपेच्च शतावरीम् ।।८१।।

80-81. The lack of *medā* is to be made up by use of the *aśvagandhā*. *Mahāmedā* can be substituted by *anantamūla*. Similarly one can substitute *jīvaka* by *guḍūcī* ; *ṛiṣabhaka* by *vanśalocana*; *ṛiddhi* by *balā*; *vṛiddhi* by *mahābalā* and *kākaoli* and *kṣīrakākolī* both by *śatāvarī*.

सुवर्णाभावतः स्वर्णं माक्षिकं प्रक्षिपेद् बुधः ।
श्वेतं तु माक्षिकं ज्ञेयं बुधै रजतवत स्मृतम् । माक्षिकस्याप्यभावे तु प्रदद्यात् स्वर्णगैरिकम् ।।८२।।

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82. In the want of *suvarṇa*, that is gold one can use *suvarṇamākṣika*. *Rajata* that is silver can be substituted by use of the *rūpamākṣika* i.e. pyrites. If both of the *suvarṇamākṣika* and *rūpamākṣika* are wanting, one can employ the *svarṇagairika*.

मस्त्स्यण्ड्यभावतो दद्यर्भिषजः शितशर्कराम् । तालीशपत्रकाभावे स्वर्णताली प्रशस्यते ।।८३।।
भार्ग्यभावे तु तालीशं कण्टकारीजटाऽथवा । रुजकाभावतो दद्याल्लवणं पांशुपूर्वकम् ।।८४।।

83-84. The want of jaggery is to be addressed by use of the *miśṛī* (big sugar crystals), the lack of *tāliśapātra* by use of *suvarṇatālī*, the lack of *Bhārgī* by use of either *tāliśapātra* or the roots of *kanṭakārī* and the lack of black salt by use of the *panśu lavaṇa*(the soil obtained from the saline soil).

अभावे मधुयष्ट्यास्तु धातकीं च प्रयोजयेत् । अम्लवेतसकाभावे चुक्रं दातव्यमिष्यते ।।८५।।
द्राक्षा यदि न लभ्येत प्रदेयं काश्मरीफलम् । तयोरभावे कुसुमं बन्धूकस्य मतं बुधैः ।।८६।।

85-86. The substitute of *madhuyaṣṭī* is the plant *dhātakī*, of *Āmlavetasa* is *cukra* or *drākṣā* or *kaśmariphalam*. If *kaśmariphalam* is also wanting the use of *bandhuka* flower has been prescribed.

लवङ्गकुसुमं देयं नखस्याभावतः पुनः । कस्तूर्यभावे कक्कोलं क्षेपणीयं विदुर्बुधाः ।।८७।।
कक्कोलस्याप्यभावे तु जातिपुष्पं प्रदीयते । सुगन्धिमुस्तकं देयं कर्पूराभावतो बुधैः ।।८८।।
कर्पूराभावतो देयं ग्रन्थिपर्णं विशेषतः ।
कस्तूरीणामभावे तु ग्राह्या गन्धशटी बुधैः । अभावे कोकिलाक्षस्य गौक्षुरं बीजमिष्यते ।।८९।।

87-89. Use the flowers of clove in want of *nakha*, use *kañkola* in want of *kastūrī*, the jasmine flower in want of *kañkola*, the scented *mustaka* in want of camphor. Like wise use of *Granthiparṇa* is also prescribed as the substitute of camphor. If *kastūrī* is wanting use the plant *gandhaśaṭī*. The substitute of *kokilākṣa* is the seed of *gokṣura*.

अन्तःसंमार्जने ज्ञेयाऽजमोदा तु यवानिका । बहिःसंमार्जने सैव विज्ञातव्याऽजमोदिका ।।९०।।

90. For the formulas related to internal consumption of drugs, the *ajamodā* can be taken to be caraway (*yavanikā*). For the external use, the *ajamodā* could be taken to be the *ajamodikā*, i.e. a wild variety of caraway.

यत्र यद्द्रव्यमप्राप्तं भेषजे परपूर्वतः । ग्राह्यं तद्गुणसाम्यात्तु न तत्र क्वापि दूषणम् ।।९१।।

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91. There is no bad affects on the qualities of the preparations if the herbs and other things in want are substituted through herbs and matters possessing identical or equal properties.

भेषजानां पूर्वाभावे परग्रहणनियमः–

रसवीर्यविपाकाद्यैः समं द्रव्यं विचिन्त्य च । युञ्ज्यात्तद्विधमन्यञ्च द्रव्याणां च रसादिकम् ।।९२।।
अभावे रसभूत्याश्च सिन्दूरं रसपूर्वकम् । कान्ताभावे तीक्ष्णलोहं योजयेद्वैद्यसत्तमः ।।९३।।
वैदूर्यादीनि रत्नानि न लभ्यन्तेऽत्र धीमता । तत्र मुक्ताऽऽदिभूतिं च योजयेत्तु भिषग्वरः ।।९४।।
अभावात् पौष्करे मूले कुष्ठं सर्वत्र गृह्यते । चविकागजपिप्पल्यौ पिप्वलीमूलवत् स्मृते ।।९५।।
कुठेरिकायाश्चाभावे तुलसीं तत्र योजयेत् । पुनर्नवायाश्चाभावे रक्ता सा च प्रकीतिता ।।९६।।
रसाञ्जनस्य चाप्राप्तौ दार्वीक्वाथं प्रयोजयेत् । नीलोत्पलस्याभावे तु कुभुदं तत्र दीयते ।।९७।।
सिद्धार्थकस्याभावे तु सामान्यः सर्षपो मतः । गोक्षीराभावतश्छागं पयः सर्वत्र दीयते ।।९८।।
गोघृतस्याप्यभावे तु चाजं सर्वत्र दीयते । अलाभे यञ्च तद्द्रव्यं प्रत्याम्नायेन योजयेत् ।।९९।।
योगे यदप्रधानं स्यात्तस्य प्रतिनिधिर्मतः । यत्त प्रधानं तस्यापि सदृशं नैव गृह्यते ।।१००।।

92-100. Substituting the prescribed herbs:

Considering the chemical properties, strength and natural ingredients in the formulations wanting, they should be substituted by substances of identical nature and value. For example the *pārada* (mercury) *bhasma* can be substituted through the *Rasasindūra* that contains similar properties in it. In want of *kānta* (soft) iron ore the use of *tīkṣṇa lauha* can be resorted to. If jewels like *vaidurya* are wanting the wise physician applies the *bhasma* of pearls in stead of them. If *puṣkaramūla* is not available, one should exchange it through the use of *kuṣṭha* plant. The herbs *cavya* and *gajapīppala* contain properties identical to that of the *pippalīmūla*. Therefore, they can be substituted by the *pippalīmūla* if needed. The *kuṭherikā* can be exchanged by the use of *tulasī* (holy basil) and the white variety of *punarnavā* with the red variety of the herb. In absence of *rasāñjana*, one can use the decoction of the *dāruharidrā*. In want of the *nīlakamal*, the simple lotus flower can be taken as in the absence of white mustard seeds (*siddhārthaka*) one can use the red variety of mustard. If the milk of cow is unavailable one should use the milk of a goat. Likewise, the *ghṛita* of cow can be substituted with the *ghṛita* of goat. If these substitutes are not available one should stick to using the original substances only.

Moreover, each formula contains basic substances and the auxiliary substances. The scope of substituting one substance and other matters with other substances and the like is restricted only to the auxiliary substances and materials

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in given prescription. In no case, the basic substances of a given formula can be exchanged to the substitutes indicated above.

Note- The term '*Rasāñjana*' is meant to indicate two different preparations. In first place it indicates decoction of *dārvī* and milk in equal parts. (The ingredients are to be boiled till they are reduced to one-fourth.) Secondly, it refers also to the application of mercury. The former preparation is prescribed in case of developing drugs useful tc eyes. The other is applied to the prescriptions involving the *rasa*-based preparations.

द्रव्यग्रहणप्रकारः–

उक्ते चन्दनशब्दे तु गृह्यते रक्तचन्दनम् ।।१०१।।
चूर्णस्नेहासवा लेहाः साध्या धवलचन्दनैः । कषायलेपयोः प्रायो युज्यते रक्तचन्दनम् ।।१०२।।
लवणे सैन्धवं विद्याद् मूत्रे गोमूत्रमुच्यते । शकृद्रसपयः सर्पिः-प्रयोगे गव्यमिष्यते ।।१०३।।
पात्रोक्तौचापिमृत्पात्रमुत्पलेनीलमुत्पलम् । सिद्धार्थः सर्षपे ग्राह्यः क्षारोक्तौ यावशूकजम् ।।१०४।।

101-104. Taking different kinds of herbs that are not precisely defined:

Reference to the *candana*(sandal) unspecified in various formulas relates to red variety of sandalwood. However, if the unspecified sandal pertains to various medicated *Cūrṇas*, *Ghṛitas*, *Āsavas* and *Lehas*, etc. should be assumed to mean none other than the white sandalwood. In relation to the pharmaceutical formulas involving decoctions and ointments, the unspecified sandal is meant for the red sandal only.

The reference to salt if unspecified should be taken to mean none but the rock-salt. And the urine even if unspecified in various formulas means only the cow-urine. Likewise, the general reference to the dung, milk and *ghṛita* or *ghṛitam* is connected to the cow-products only. The use of pot if undefined should be taken to refer the clay pots only. Similarly the general reference to the term '*utpala*' means the *nīlotopala*, i.e, the leaves of blue variety of lotus flower. The undefined use of *kṣāra* notes only the *yavakṣāra*. The general use of the term *saṣarpa* (mustard) is taken to mean the yellow variety of the oil plant.

सारःस्यात्खदिरादीनांनिम्बादीनां त्वचस्तथा । फलन्तु दाडिमादीनां पटोलादेश्छदस्तथा ।।१०५।।

105. In general one should utilize the pith (*sāra*) of the big trees like the *khadira*, *asana*, *madhuka*, *babūla*, *śālā*, etc. The bark of the following trees are utilized generally – *nimba*, *kuṭaja*, *nyagrodha*, *aśvattha*, etc. While the fruits of

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dāḍima (pomegranate) and *triphalā* are to be used, in connection to the plants like *paṭola*, *tālīśa*, and *tamāla* their leaves are to be employed in various formulas.

फलप्रधानवृक्षाणां फलं सर्वत्र गृह्यते ।।१०६।।
रक्तचित्रकमूलं तु सर्वत्रैव प्रयोजयेत् । मांसलत्वात्सुतीक्ष्णत्वादभावादन्यचित्रकम् ।।१०७।।

106-107. The fruit-trees (plants whose fruits are famous) are referred to in various preparations for no parts of the tree but their fruits. If there is reference to the term *citraka* one should suppose the reference to the roots of the red variety of this herbal plant. Its root is fat as well as bitter in taste. If the red variety of *citraka* is unavailable one could use other variety of the plant as well.

महान्तियानिमूलानिकाष्ठगर्भाणियानिच । तेषान्तु वल्कलं ग्राह्यं ह्रस्वमूलानि कृत्स्नशः ।।१०८।।

108. One should utilize only the bark of roots if they are quite strong and bulky and their wood is hard. (For example, root of the *bilva* tree.) However, if the roots are tiny in size they should be obtained as whole. For example the entire roots of such small plants are utilized in pharmaceutical processes: *śālaparṇi*, *gokṣura*, *kaṇṭakārī*, *punarnavā*, etc. This is suggested so because their roots contain little wood and as such their bark cannot be peeled down.

स्त्रियश्चतुष्पदे ग्राह्याः पुमांसो विहगे तथा । जाङ्गलानां वयःस्थानां चर्मरोमनखादिकम् ।।१०९।।
हित्वा ग्राह्यं पूतमांसं सास्थिकं खण्डशः कृतम् ।
पक्तव्यमाजमांसंचविधिना घृततैलयोः । हित्वा स्त्रीं पुरुषं चापि क्लीवं तत्रापि दापयेत् ।।११०।।

109-110. For flash, the male species should be obtained with regards to the birds while the female ones are to be selected in cases of four-footed animals. The flash of animals obtained from the *jāngala* (arid) country should be first cleaned of the nails, bark, hairs, etc. Subsequently it should be cut into small pieces along with their bones and washed thoroughly. Finally it should be cooked in *ghṛita* and oil. For cooking one should obtain the flash of the goat that is eunuch thus leaving the male and female goats.

मांसग्रहणयोग्याः पशवः–
वलिनंचवयःस्थं च सुवीर्यं च सुदेहिनम् । न वृद्धं च न बालं च अवीर्यस्रावशोणितम् ।।१११।।

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111. Characteristics of animals fit for consumption:

The qualities of the animals used for flesh include the following: they should be strong, youthful and in reproductive stage. Their body should be fat and shapely. They should be neither young nor old and the one whose blood has not been removed earlier.

मूत्रग्रहणम्–

स्त्रीणांमूत्रंगवांग्राह्यंनतुपुंसांविधीयते । पित्तात्मिकाःस्त्रियो-यस्मात्सौम्यास्ते पुरुषा मताः ।।११२।।

112. Taking different kinds of urine:

In cases of the prescription of urine (*mūtra*), one should utilize the urine of cow only and not that of an ox. The females are *pitta*-dominated in constitution while the males are mild in make. Therefore, the urine of cow is bitter and it should be applied to pharmaceutical purpose.

क्षीरमूत्रादिग्रहण-कालः–

क्षीरमूत्रपुरीषाणि जीर्णाहारे तु संहरेत् ।।११३।।

113. Prescribed hours for taking milk, urine and the like:

One should take milk, urine and dung of animal only when one's previous meals in stomach are digested.

द्रवेऽनुक्तेजलंग्राह्यंभागेऽनुक्तेऽखिलं समम् । उक्ते च कालसामान्ये ज्ञेयं तत्र त्वहर्मुखम् ।।११४।।

114. If there is unspecified reference to '*drava*' i.e. a liquid, one should use water in the pharmaceutical processes. In relation to the making of some powder-based drug (called *Cūrṇas*) the herbs prescribed therein should be used in equal parts only. Likewise, if the timing of taking the drug is not specified, one should consume the medicine during the morning hours only.

ऋतुविशेषे ग्राह्यद्रव्याणि–

मूलानि शिशिरे ग्रीष्मे पत्रं वर्षावसन्तयोः ।
कन्दानिशरदिक्षीरंयथर्तुकुसुमं फलम् । हेमन्ते सार मोषध्या गृह्णीयात् कुशलो भिषक् ।।११५।।

115. Herbs to be used in different seasons:

The wise physician collects the roots of different herbs during the *śiśira* season (i. e. *Maghā* and *Fālguna* months, roughly around February). The leaves of different herbs and their plants are collected during the rainy season and the

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spring. The tuber of various drugs like *Vārāhīkanda* and *vidārīkanda* are to be obtained during the winter season. The wise physician obtains the pith (*sāra*) of various plants (like *khadira*, asana, *madhuka*, *babbūla*, *śāla*, *mocarasa*, *guḍūcī*, etc.) during the autumn season. However, the latex, fruit and flowers of various drugs are gathered across the year depending on their availability.

द्रव्याण्यभिनवान्येव प्रशस्तानि क्रियाविधौ । ऋते गुडघृतक्षौद्रधान्यकृष्णाविडङ्गतः ।।११६।।

116. For preparing the *cūrṇa* (powder) and confections (*Avaleha*), etc. one should obtain and use only fresh herbs. However, the following items are not to be used in fresh conditions: *guḍa* (raw sugar), *ghṛita*, honey, *śāli* and other varieties of paddy, *pippalī* (pepper) and *vāyaviḍanga*.

Discussion- The maturity requirements of various items are different. The *guḍa*, paddy and honey mature in a span of one year. After one year they could be used for medicinal purpose. The six month old *pippalī* and *vāyaviḍanga* can be used without hesitation. For ointment and like external uses, older samples of *ghṛita* are more effective. However, for preparing *phalāghṛita* and *brāhmīghṛita* which are meant for internal use, *ghṛita* older than one year is not suggested for use.

भावनाप्रकारः–

दिवादिवाऽऽतपेशुष्कंरात्रौरात्रौनिवासयेत् । शुष्कंचूर्णीकृतं द्रव्यं सप्ताहं भावनाविधिः ।।११७।।

117. Types of different bhāvanā methods:

For preparing powder-based drugs called *cūrṇa*, the *bhāvanā* process should continue for one week if its time is unspecified in the given formula. For this, the prescribed powder should be kept in mortared and be triturated by prescribed juices, decoction or *kānji*. The substances should be levigated and kept in the sun for drying. Or they could be even levitgated in the sun itself and be dried simultaneously. During the night, the substances in mortar are covered and kept in a safe place. The following day, the substances should again be triturated in the prescribed liquids and the process of levigtating them in sun should be repeated. This process should continue for one week.

भावनाऽर्थं क्वाथस्वरसादि-प्रक्षेपप्रमाणम्–

द्रवेण यावता द्रव्यमेकीभूयार्द्रतां व्रजेत् । द्रवप्रमाणं निर्दिष्टं भिषग्भिर्भावनाविधौ ।।११८।।

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118. Ratio of decoction and juices used in varieties of the bhāvanā process:

The prescribed liquids for *bhāvanā* process of a given powder should be limited only to triturate the later so that a ball could be prepared from the preparation. However, pouring more liquids is more beneficial. One should not pour all the juices, etc. at one time into the mortar holding the given powder. In stead, the prescribed liquids should be poured into the mortar one by one. It helps in contusing the matter.

भावनार्थं क्वाथनिर्माणविधिः–

भाव्यद्रव्यसमं क्वाथ्यं क्वाथ्यादष्टगुणं जलम् । अष्टांशशेषितः क्वाथो भाव्यानां तेन भावना ।।११९।।

119. Method of preparing decoctions for a bhāvanā process:

The ratio of the herbal powder (to be processed through *bhāvanā* method) and the herb (which decoction is to be levigated) and water should be 1:1:8. For preparing decoction the boiling process should continue till the original amount of water is reduced to [1] a one-eighth.

Note- This ratio is meant for the *bhāvanā* process for preparing general *Rasa* and *Curṇa* types of drugs. For the *bhāvanā* involving metals like iron, different ratio is to be administered.

पञ्चकषायवर्णनम्–

अथात्र स्वरसः कल्कः क्वाथश्च हिमफाण्टकौ । ज्ञेयाः कषायाः पञ्चैते लघवः स्युर्यथोत्तरम् ।।१२०।।

120. Definition of pañca kāṣāya:

There are five kinds of *kāṣāyas* (liquids): the juice of leaves, etc. (*Svarasa*), the pastes (*kalka*), decoction (*kvātha*), *hima* (defined below; see 129) and *Phāṇṭa* (see 130 below). They are gradually lesser in power and effect.

स्वरसनिर्माणविधिः–

अहतात्तत्क्षणाकृष्टाद्द्रव्यात्क्षुण्णात्समुद्भवः ।वस्त्रनिष्पीडितोयःस्याद्रसः स्वरस उच्यते ।।१२१।।

121. Method of obtaining juices:

The *Svarasa* (juice) is obtained through pressings the freshly uprooted herbs that are not eaten by worms, etc. The juice should be sieved through a piece of cloth.

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शुष्कद्रव्यस्य स्वरसनिर्माणविधिः–

कुडवं चूर्णितं द्रव्यं क्षिप्तं च द्विगुणे जले । अहोरात्रं स्थितं तस्माद्भवेद्वा रस उत्तमः ।।१२२।।

122. Method of obtaining juices of dried herbs:

The powder of the required herb should be kept in a pot filled with water for one day and one night. The ratio of the powder and water should be one : two. After soaking process is completed, the juice should be gathered as filtered through piece of cloth.

स्वरसाभावे क्वाथविधि–

आदाय शुष्कं द्रव्यं वा स्वरसानामसम्भवे । जलेऽष्टगुणिते साध्यं पादशेषञ्च गृह्यते ।।१२३।।

123. Substituting juices by decoctions:

If the *Svarasas* of the above kinds are not available, the dried herb should be boiled into water eight times greater in measurement. When the original amount is reduced to one fourth the mix should be sieved through a piece of cloth.

पुटपाक-विधिः–

पुटपाकस्य मात्रेयं लेपस्याङ्गारवर्णता । लेपञ्च द्व्यङ्गुलं स्थूलं कुर्यादङ्गुष्ठमात्रकम् ।।१२४।।

124. The method of puṭa pāka process:

The substances to be processed through *puṭapāka* method should be first wrapped by a layer of mud measuring two *angula* (fingers) in thickness and subsequently it should be heated. When the mud becomes red the process may be construed as completed.

Note - The material which is to be processed through this kind of cooking (*pāka*), should be thoroughly first pasted along with the washings of rice i. e. *taṇḍulodaka*. Then, the paste should be packed with the leaves of *jambū*, banyan, *gambhārī* trees or the like and tied with threads. Following this, the *kalka* (paste) of solved flour is wrapped over the pack. Finally a coat of wet clay of some three centimeters thickness should be applied around it. This is to be heated using the fuel of sunburnt cakes (of cow-dung). When the clay therein demonstrates red color the pack should be unwrapped and the herbal *kalka* is obtained. Once cooled down to the atmospheric temperature, the *kalka* can be used along with a little amount of honey.

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कल्कलक्षणम्–

द्रव्यमार्द्रं शिलापिष्टं शुष्कं वा सजलं भवेत् । प्रक्षेपावापकल्कास्ते तन्मात्रा कर्षसंमिता ।।१२५।।

125. Characteristics of kalka:

The paste (*kalka*) is prepared by crushing the wet or dry herbs on a stone along with water. This is also called *prakṣepa* and *Āvapa*. The usual dose of this *kalka* is 12 ml.

कल्के घृतादिप्रयोगमानम्–

कल्के मधु घृतं तैलं देयं द्विगुणमात्रया । सितां गुडसमां दद्याद् द्रवा देयाश्चतुर्गुणाः ।।१२६।।

126. Measurement of ghṛita and the like in reference to kalkas:

If the *kalka* is to be mixed into honey, *ghṛitam*, or oil based preparations, these liquids should be taken in an amount that is double to the *kalka* in question. If the *kalka* is to be mixed into *guḍa* (raw sugar) or *miśṛī* (i.e. large sugar crystals), the amount of these materials should be equal. If the *kalka* is to be taken along with water the later should be used in an amount that is four times greater to the *kalka*.

क्वाथविधिः–

पानीयं षोडशगुणं क्षुण्णे द्रव्यपले क्षिपेत् । मृत्पात्रे क्वाथयेद् ग्राह्यमष्टभागावशेषितम् ।।१२७।।

127. Methods of decocting different herbs:

The *Kvātha* is prepared by boiling the given herb into water that is 16 times larger in quantity. The boiling should continue till the original amount is reduced to one/eighth. Finally the liquid should be strained through cloth. This liquid is also called *Kāṣāya* and *Niryuha*.

Note: One should drink the medicated *Kvātha* while it is still hot. The preferable time is morning or evening hours. Adding the cumin seeds, *guggulu*, salt, *śilājita*, asafoetida, dried ginger, pepper and pepper to the *Kvātha* is preferable. These herbs should be mixed in small weight only (4 gm., in fact) (The amount of asafoetida could be still less.)

क्वाथे क्षिपेत् सितामंशैश्चतुर्थाष्टमषोडशैः । पित्तवातकफातङ्के विपरीतं मधु स्मृतम् ।।१२८।।

128. The *miśṛī* (large sugar crystals) should be added to the *Kvātha* in one fourth, one eighth, one sixteenth amount in cases related to *pitta*, *vāta* and *kapha*

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disorders respectively. The mixing of honey of the *Kvātha* should measure 1/16, 1/8 and 1/4th in proportion in cases related to *pitta*, *vāta* and *kapha* respectively.

हिमकल्पना–

क्षुण्णद्रव्यपलंसम्यक्षड्भिर्नीरपलैःप्लुतम् । निशोषितंहिमःस स्यात्तथा शीतकषायकः ।।१२९।।

129. Preparing the hima:

Macerate the prescribed herb and add to it six times its weight of water. Keep them in a vessel and allow it to cool overnight. Next morning squase the herb with fingers and strain it through a piece of cloth. This is the method to obtain *hima* of a given herb.

फाण्टनिर्माणविधिः–

क्षुण्णद्रव्यपलेसम्यग्जलमुष्णं विनिक्षिपेत् । मृत्पात्रे कुडवोन्मानं ततस्तु स्रावयेत् पटात् ।।१३०।।

130. Preparing the phāṇṭa:

Crush the required herb measuring 48 gm. and keep it in an earthen vessel. Add to it boiled water four times in weight. Then pulp the herb by hand and sieve the drug. This is the method to prepare *phāṇṭa* of a given herb. The rules described in case of the *Kvātha* above should be followed here also if *guḍa* (raw sugar), etc. is to be added to the *phāṇṭa*.

इति भैषज्यरत्नावल्यां परिभाषाप्रकरणम् ।।४।।
इति विद्योतिनीभाषाटीकायां परिभाषाप्रकरणम् ।।४।।

End of the Chapter 4 of Bhaiṣajya Ratnāvalī with Commentary

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अथ ज्वरचिकित्साप्रकरणम् ५

Chapter 5
Different Kinds of Fever

Note from Translator: This Chapter on Fever as well as other chapters of *Bhaiṣajya Ratnāvalī* refer to a large number of terminology related to various diseases and indispositions. Some of them have been identified while others are still debated in terms of precise definition. I have preferred to quote the original terms in such circumstances. Only those terms whose translation into English has earned greater acceptance have been presented here. Some of such terms related to fever and allied indispositions include:

Jvara = fever (pyrexia)
Vāta śleṣmika jvara = influenza
Punarāvartaka jvara = relapsing fever
Viṣama jvara = intermittent type of fever
Anyedyuṣka jvara = mixed malarial fever
Tṛitīyaka jvara = tertian fever
Caturthaka jvara = quartan Fever
Pralepaka jvara = hectic fever
Sannipātika jvara = high fever with feeling of cold and burning sensation
Śvasanaka jvara = pneumonia
Āntrikajvara = enteric fever
Granthika jvara = plague
Pāṣāṇagardabha jvara = mumps

सामान्येन ज्वरोपक्रमे चिकित्साक्रममाह–

यतः समस्तरोगाणां ज्वरोराजेति विश्रुतः । अतो ज्वरचिकित्साऽत्र प्रथमं लिख्यते मया ।।१।।

1. The fever is the king of all the ailments; therefore, I describe the treatment of fever first of all.

पूर्वरूपे प्रयुञ्जीत ज्वरस्य लघुभोजनम् ।

लङ्घनं च यथादोषं विरेकम्–

आलस्यं नयने सास्रे जृम्भणं गौरवं क्लमः । ज्वलनातपवाय्वम्बु-भक्तिद्वेषावनिश्चितौ ।।

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अविपाकास्यवैरस्येहानिश्चबलवर्णयोः । शीलवैकृतमल्पञ्च वरलक्षणमग्रजम् ।। च. चि. अ. ३ ।
–वातिके पुनः ।।२।।

2. In the early stage of the fever, keeping in view the general health of the patient, *langhaṇa* (fasting) or light diet should be prescribed.

पाययेत् सर्पिरेवाच्छं पैत्तिके तु विरेचनम् । मृदु प्रच्छर्दनं तद्वत् कफजे तु विधीयते ।।
द्वन्द्वजेषु द्वयं कुर्याद् बुद्ध्वा सर्वन्तु सर्वजे ।।३।।

3. In the case of the *vāta*-related fever, patient should consume pure *ghṛita*. In *pitta*-generated fever cases, one should go through *virecana* (purgation) therapy. If the fever relates to *kapha*, light vomitting is prescribed. In case two of the above causes are involved, treatment suggested in both the conditions is to be opted. For example, if the fever relates to both *vāta* and *pitta*, drinking of pure *ghṛita* is to be followed by *virecana* (purgation) as well. If all the three indispositions are manifested, all of the three kinds of treatment suggested here are to be carried through.

नवज्वरे वर्जनीयान्याह–

नवज्वरे दिवास्वप्नस्नानाभ्यङ्गान्नमैथुनम् । क्रोधप्रवातव्यायामकषायांश्च विवर्जयेत् ।।४।।

4. During the early stage of fever, the following acts are to be avoided: sleeping in daytime, bathing, oil-massage, sexual intercourse, anger; facing the easterly wind, physical exercises and taking (any kind of) decoction.

कषायपाननिषेधे कारणमाह–

कषायं यः प्रयुञ्जीत नराणां तरुणज्वरे । स सुप्तं कृष्णसर्पन्तु कराग्रेण परामृशेत् ।।५।।

5. The physician who is not knowledgeable and who administer the decoction to the patient suffering an early stage of fever is as foolish as the one who wakes up a sleeping cobra. As such measure can vitiate the *doṣa* of the patient and the fever can develop into a case of *sannipātta*.

न कषायं प्रयुञ्जीत नराणां तरुणज्वरे । कषायेणाकुलीभूता दोषा जेतुं सुदुष्कराः ।।६।।

6. At the early stage of fever, the patient should never take decoctions because the *doṣas* vitiated through it become very difficult to manage.

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नवज्वरे निषिद्धकषायपरिभाषामाह–

चतुर्भागावशिष्टस्तु यः षोडशगुणाम्भसा । स कषायः कषायः स्यात् स वर्ज्यस्तरुणज्वरे ।।७।।

7. Decoctions to be avoided in initial stage of fever:

The decoction is a liquid that has been boiled up to ¼ of the original amount which should be sixteen times (including water and the herb/s). It is also called *Kvātha* and *Kāṣāya* i.e. a decoction. It is not prescribed in the earlier stage of fever.

तथा चात्र चरकः–

स्तभ्यन्ते न विपच्यन्ते कुर्वन्ति विषमज्वरम् । दोषा बद्धाः कषायेण स्तम्भित्वात्तरुणे ज्वरे ।।
न तु कल्पनमुद्दिश्य कषायः प्रतिषिध्यते । यः कषायः कषायः स्यात् स वर्ज्यस्तरुणे ज्वरे ।।

(च. चि. अ. ३)

नवज्वरे आहारविषयकनियमः–

न द्विरद्यान्न पूर्वाह्णे नाभिष्यन्दि कदाचन । न नक्तं न गुरुप्रायं भुञ्जीत तरुणज्वरी ।।८।।

8. Intake of meals in initial stage of fever:

In the early stage of fever meal before noon is to be abstained from. Two meals a day is to be avoided. Eating during the evening hours and taking eatables heavy to digest are also to be abstained from.

दार्ढ्यार्थं वर्जनीयपरिगणनम्–

परिषेकान् प्रदेहांश्च स्नानसंशोधनानि च । दिवास्वप्नं व्यवायञ्च व्यायामं शिशिरं जलम् ।।
क्रोधप्रवातभोज्यानि वर्जयेत्तरुणज्वरी ।।९।।
शोषच्छर्दिमदान् मूर्च्छाभ्रमतृष्णाद्यरोचकान् । प्राप्नोत्युपद्रवानेतान् परिषेकादिसेवनात् ।।१०।।

9-10. Measures to be avoided at initial stage of fever:

The measures which are prohibited for a patient in early stage of fever includes the following: flowing stream of cold water on head, application of *kalka* of sandal and *aguru*, bathing, application of therapies like *virecana* (purgation), sleeping during the day time, intercourse with females, taking heavy exercises, drinking cold water or washing the hands and feet with it, getting agitated, sleeping in the direction facing cold easterly wind, sitting idle, moving a lot and taking meals that are difficult to digest. Similarly, patients should avoid bathing as it may lead to consumption, vomiting, insanity, fainting, giddiness, excessive thirst and anorexia.

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ज्वरे लङ्घनमेवादावुपदिष्टमृते ज्वरात् । क्षयानिलभयक्रोधकामशोकश्रमोद्भवात् ।।११।।

11. The patient of fever should first of all fast. *Langhaṇa* (fasting) is the best method to get cure of fever caused by reasons other than the following: tuberculosis, loss of vital fluids, caused by *vāta*, fear, anger, sexual lust, grief and excessive labour.

ज्वरे लङ्घनस्योपदेशे सोपपत्तिकं कारणमाह–

आमाशयस्थोहत्वाऽग्निंसामोमार्गान्पिधापयन् । विदधाति ज्वरं दोषस्तस्माल्लङ्घनमाचरेत् ।।१२।।

12. Advantage of langhaṇa (fasting):

In cases of fever, first of all the vital channels of the body gets blocked due to loss of digestive fire in stomach owing to the disorder in vital fluids deposited therein. Therefore, *langhaṇa* (fasting) is the best method to minimize the circumstances and consequences of fever.

लङ्घनगुणानाह–

अनवस्थितदोषाग्नेर्लङ्घनं दोषपाचनम् । ज्वरघ्नं दीपनं काङ्क्षारुचिलाघवकारकम् ।।१३।।

13. Merits of langhaṇa (fasting):

Langhaṇa (fasting) is very helpful in early stage of fever. It corrects the disorder in all the three basic *doṣas* of the body (i.e. *vita*, *pitta*, and *kapha*) and revives the digestive system. Thus the patient develops desires to have meals and the fever is subsequently reduced by degrees.

बलहानौ लङ्घननिषेधमाह–

प्राणाविरोधिना चैनं लङ्घनेनोपपादयेत् । बलाधिष्ठानमारोग्यं यदर्थोऽयं क्रियाक्रमः ।।१४।।

14. Prohibiting langhaṇa (fasting):

However, the physical strength and condition of the patient must be kept in mind before he is subjected to *langhaṇa* (fasting). The fasting should not be taxing on his life itself. For, energy in body is the state of health. The fasting is opted only up to a degree when it does not harm the critical energy of the patient.

लङ्घने वर्ज्यान्विषयानाह–

तत्तु मारुतक्षुत्तृष्णामुखशोषभ्रमान्विते । कार्ये न बाले बृद्धे वा न गर्भिण्यां न दुर्बले ।।१५।।

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15. Patients unfit for langhaṇa (fasting):

Langhaṇa (fasting) is not to be opted by such patients who are young, old, pregnant, or otherwise weak in body and suffering from such disease as giddiness, edema of mouth and those who may not bear the urge of thirst and hunger.

सम्यग् लङ्घितस्य लक्षणान्याह–

वातमूत्रपुरीषाणां विसर्गे गात्रलाघवे । हृदयोद्गारकण्ठास्यशुद्धौ तन्द्राक्लमे गते ।।१६।।
स्वेदे जाते रुचौ चापि क्षत्पिपासासहोदये । कृतं लङ्घनमादेश्यं निर्व्यथे चान्तरात्मनि ।।१७।।

16-17. Characteristics of proper langhaṇa (fasting):

Now the description of a successful *langhaṇa* (fasting) is described. If one passes the wind, urine and stool on right time and in proper quantity, if the body feels light, if the heart is not heavy by feeling, stomach is belching properly, if throat, mouth and tongue of the patient is free of cough and saliva and he feels cheerful, if there is proper sweating, if one feels thirst and hunger on time and if there is no pain in the mind and body of the patient, he should understand that his *langhaṇa* (fasting) has been properly carried through.

अतिलङ्घनजन्यानुपद्रवानाह–

पर्वभेदोऽङ्गमर्दश्चकासः शोषो मुखस्य च । क्षुत्प्रणाशोऽरुचिस्तृष्णा दौर्बल्यं श्रोत्रनेत्रयोः ।।१८।।
मनसः सम्भ्रमोऽभीक्ष्णमूर्ध्ववातस्तमो हृदि । देहाग्निर्वलहानिश्च लङ्घनेऽतिकृते भवेत् ।।१९।।

18-19. Characteristics of excessive langhaṇa (fasting):

Langhaṇa (fasting) should be taken up by the patient in proper manner. Without considering the strength of the patient and other important facts the *langhaṇa* (fasting) can lead to such indispositions as the pains in different joints of body, *kāsa*, edema in mouth, loss of hunger, anorexia, excessive thirst, loss in power of ear and eyes, fluctuation in the mind, repetition of hiccups and breathing troubles, appearance of black and yellow shadows in front of eyes (disturbance of eyesight) and loss of digestion and body strength.

हीनलङ्घनलक्षणमाह–

कफोत्क्लेशःसहल्लासःष्ठीवनंच मुहुर्मुहुः । कण्ठास्यहृदयाशुद्धिस्तन्द्रा स्याद्धीनलङ्घने ।।२०।।

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20. Characteristics of improper langhaṇa (fasting):

Improper kind of *langhaṇa* (fasting) (*hīna laṇghana*) causes coughs and vomitting tendencies and uncleanliness of the throat and mouth as well as heart and perfects the sleeping tendency.

ज्वरविशेषे वमनस्यौचित्यमाह–

सद्योभुक्तस्य वा जाते ज्वरे संतर्पणोत्थिते । वमनं वमनार्हस्य शस्तमित्याह वाग्भटः ।।२१।।

21. Administration of emetic therapy in cases of fever:

As the great physician Vagbhaṭṭa has suggested, administration of the *vamana* therapy is best for the cases of fever caused due to oily, unwholesome, sweet eatables and for the fever occurring immediately after meal.

कफप्रधानानुत्क्लिष्टान्दोषानामाशयोत्थितान् । बुद्ध्वाज्वरकरान्काले वम्यानां वमनैर्हरेत् ।।२२।।

22. In cases of fever where there is excessive depositions of cough in throat and tendency of vomitting and if there is a trouble in fluids of stomach the *vamana* therapy is the best. These tendencies generally suggests occurrence of fever in prospect.

अनुपस्थितदोषाणां कृते वमने दोषानाह–

अनुपस्थितदोषाणां वमनं तरुणज्वरे । हृद्रोगं श्वासमानाहं मोहञ्च कुरुते भृशम् ।।२३।।

23. Demerits of emetic therapy administered without proper diagnosis:

There is absence of a cheerful mind at earlier stage of fever. Therefore, vomitting should be done properly. Otherwise, it may lead to heart troubles, breathing troubles and fainting and other indispositions.

दोषानुसारेण ज्वरिणे उष्णशृतजलपानव्यवस्थामाह–

तृष्यते सलिलं चोष्णं दद्याद्वातकफज्वरे । मद्योत्थे पैत्तिके वाऽथ शीतलं तिक्तकैः शृतम् ।।२४।।

24. Intake of hot and normal water during fever:

In the fever caused due to disordered *vāta*, *kapha* and by a combination of the two one has the symptoms of excessive thirst. In such situation the patient should take lukewarm water in a small quantity. In cases of fever caused due to excessive intake of liquor and in cases of fever caused due to disorder in *pitta*, the patient should drink cold water treated through herbs of *Mustaparpaṭakādi* group of herbs.

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शृतशीतोष्णजलगुणानाह–

दीपनं पाचनञ्चैव ज्वरघ्नमुभयञ्च तत् । स्रोतसां शोधनं बल्यं रुचिस्वेदप्रदं शिवम् ।।२५।।

25. Merits of warm and cold water:

The hot water or the *śṛītaśīta* water are capable to promote digestive power and to destroy fever. These waters clear the vital channels of the body by enlarging their mouths and provide strength to the body. It also develops taste of foods and causes the body to sweat properly. Therefore, the lukewarm and warm water are very helpful for health.

षडङ्गपानीयमाह–

मुस्तपर्पटकोशीरचन्दनोदीच्यनागरैः । शृतशीतं जलं देयं पिपासाज्वरशान्तये ।।२६।।

26. Advantage of ṣaḍanga pāniya:

Take 24 gm. measure of the combination of *mustaka*, *parpatka*, *uśīra*, red sandalwood, *sugandhbālā* and dried ginger. Powder their combination into water measuring 750 ml. and boil them till the original amount is reduced to a half. Allow it to get cool and strain the liquid into an earthen pot. This is called *śṛīta śīta* water. This medicated water should be given to the patient in small doses. This water would remove fever as well as thirst.

नवज्वरे प्रधानभेषजनिषेधमाह–

मुख्यभेषजसम्बन्धो निषिद्धस्तरुणे ज्वरे । तोयपेयादिसंस्कारे निर्दोषं तेन भेषजम् ।।२७।।

27. Prohibiting the administration of major medicines in initial stage of fever:

At earlier stage of fever the main course of medicines should not be used first. However, the water medicated through herbs like the *mustaka*, *parpatka* and the like, gruel prepared through rice can be given at this stage. These liquids are not strong and they are easy to digest. Therefore, they are very helpful.

षडङ्गादिसाधानप्रक्रियामाह–

यदप्सु शृतशीतासु षडङ्गादि प्रयुज्यते ।
कर्षमात्रंततो द्रव्यं साधयेत् प्रास्थिकेऽम्भसि । अर्धशृतं प्रयोक्तव्यं पाने पेयाऽऽदिसंविधौ ।।२८।।

28. Administration of ṣaḍanga and the like:

The *śiṛitśita* water is also called *ṣaḍanga pānīya* as it is treated through 6 (*ṣaḍa*) herbs including the *mustaka* and *parpaṭaka*. To decoct the *ṣaḍanga pānīya* obtain 12 gm. of of these herbs in combination and put them into water measuring

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750 ml. and kept in an earthen pot and boil them. When the quantity is reduced to a half allow the preparation to get cool and store the same in a clean pot. Place the pot in a safe space. This water should be used for drinking, for making gruel or medicated drinks (*peya*).

ज्वरे पेयाप्रयोगप्रकारमाह–

लाजपेयां सुखजरां पिप्पलीनागरैः शृताम् । पिबेज्ज्वरी ज्वरहरां क्षुद्वानल्पाग्निरादितः ।।२९।।
पेयां वा रक्तशालीनां पार्श्ववस्तिशिरोरुजि । श्वदंष्ट्राकण्ठकारीभ्यां सिद्धां ज्वरहरां पिबेत् ।।३०।।

29-30. Intake of liquids while suffering through fever:

Take pepper and dried ginger and treat with them the above *ṣaḍanga pānīya* water and boil them along with *lājā* (parched paddy). This preparation should be taken as a drink by the patients of fever. This pacifies their hunger and also reduces the degree of fever. This preparation is easy to digest as well. If the patient of fever is feeling pain in head, in sides and in lower abdomen, he should drink water treated and decocted in above fashion using *gokṣura* and *kañṭakārī* herbs along with *lājā* (parched paddy). This preparation should be used as *peya* as it promotes the urination and sweating. It is easy to digest and is capable to remove fever, pains of the sides and other parts of body.

पेयाऽऽदिनिर्माणप्रकारमाह–

षडङ्गपरिभाषैव प्रायः पेयादिसम्मता ।।३१।।

31. Types of different liquids:

The *peyas* used in cases of fever should be prepared on the line of above *ṣaḍanga pānīya* water. It means that the herbs should be taken in quantity of 12 gm. They should be decocted in water measuring 750 ml. till the quantity is reduced to half. The decoction should be strained and the *lājā* (parched paddy) or other items be added to it. And prepare as per method described below (33-34).

यवागूसाधने तण्डुलपरिमाणमाह–

यवागूमुचिताद्भक्ताच्चमुर्भागकृतां वदेत् ।।३२।।

32. Ratio of rice-grains used in preparing Yavāgū:

The patient of fever should take *Yavāgū* (gruel of rice). This dish should be prepared by boiling 1/4th of the quantity of the rice taken by the patient at a single meal during normal time.

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मण्डादिलक्षणान्याह–

सिक्थकै रहितो मण्डः पेया सिक्थसमन्विता । यवागूर्बहुसिक्था स्याद्विलेपी विरलद्रवा ।।३३।।

33. Definitions of manḍa and the like:

Definition wise, it should be noted that there are four kinds of preparation involving boiled rice. *Manḍa* is the liquid portion of the boiled rice. There is not a single grain of cooked rice in *manḍa*. If them are some grains of the cooked rice in the liquid, it is called *Peya*. If there are many grains in the liquid, it is called *yavāgū*. And, finally, if there is less amount of water and more amount of cooked rice in the preparation it is called *vilepī*.

अन्नादिनिर्माणे जलपरिमाणमाह–

अन्नं पञ्चगुणे साध्यं विलेपी च चतुर्गुणे ।

मण्डश्चतुर्दशगुणे यवागूः षड्गुणेऽम्भसि । अष्टादशगुणे तोये यूषः शार्ङ्गधरेरितः ।।३४।।

34. Ratio of water used in preparing different liquids:

One could prepare *odana* by cooking 1 part (15%) of rice along with 5 parts (85%) in water. To obtain *manḍa* one should cook rice in water in 1:14 ratio. To cook *Yavagū* one is required to cook the same in 1:6 ratio. And for *Yūṣa* the rice: water ratio should be 1:18. This *Yūṣa* is good for fever, as has been suggested by Shrāngdhar.

दोषानुसारेण ज्वरे पथ्यान्याह–

श्रमोपवासानिलजे हितो नित्यं रसौदनः ।

मुद्गयूषौदनश्चापि देयः कफसमन्विते । स एव सितया युक्तः शीतपित्तज्वरे हितः ।।३५।।

35. Helpful meals in cases of fever:

If one is ailing by a fever caused by excessive labour, *langhaṇa* (fasting) or due to *vāta*, one should take rice along with soup of mutton. In *kapha* related fever, one should take rice along with *yūṣa* prepared from *mudga* lentil and water in 1:18 ratio. This *yūṣa* should be treated with a little sugar and be given along with rice to the patients suffering through fever due to *pitta*.

ज्वरितानां रक्तशाल्यादिप्रयोगमाह–

रक्तशाल्यादयः शस्ताः पुराणाः षष्टिकैः सह यवाग्वोदनलाजार्थं ज्वरितानां ज्वरापहाः ।।३६।।

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36. Use of red variety of rice and the like in fever:

Older rice, particularly the *śāli* and *ṣaṣṭhī* (grown in sixty days) varieties are good for making *yavāgū*, *odana* and *lājā*. (*Lājā* is a preparation based on roasted grains of paddy). All these three preparations are capable to cure one from fever-related diseases.

ज्वरितानां मुद्गादियूषनिर्देशमाह–

मुद्गान्मसूराँश्चणकान्कुलत्थान्समुकुष्ठकान् । आहारकाले यूषार्थं ज्वरिताय प्रदापयेत् ।।३७।।

37. Use of the mudga based yūṣa in fever:

Those having fever should when feeling hungry consume *Yūṣa* cooked along with water in 18:1 ratio along with pulses like *mudga*, lentil, gram, *kulattha* and *mukuṣṭha*.

ज्वरितानां शाकनिर्देशमाह–

पटोलपत्रं वार्ताकुं कुलकं कारवेल्लकम् ।
कर्कोटकं पर्पटकं गोजिह्वां बालमूलकम् । पत्रं गुडूच्याः शाकार्थे ज्वरिताय प्रदापयेत् ।।३८।।

38. Intake of vegetables in fever:

The veg-preparation of the leaves of *paṭola*, aubergine, *kulaka*, *kārvellka*, *karkoṭaka*, *parpaṭakam*, *gojivhā*, radish and *guḍūchī* are good in fever related cases.

ज्वरे पथ्यप्रकारमाह–

ज्वरितो हितमश्नीयाद् यद्यप्यस्यारुचिर्भवेत् । अन्नकाले ह्यभुञ्जानः क्षीयते म्रियतेऽपि वा ।।३९।।

39. Useful meals in cases of fever:

Person indisposed by fever must take at least in small quantity meals as suggested above. If such patients take no meal, they can feel weakness and in extreme cases they can even die of this loss of strength.

सातत्यात्स्वाद्वभावाच्च पथ्यं द्वेष्यत्वमागतम् । कल्पनाविधिभिस्तैस्तैः प्रियत्वं गमयेत्पुनः ।।४०।।

40. If the patient develops a disinterest in taking prescribed medicines and meals due to repeated use of them or due to loss of taste, he should take help of other doses. He should prepare different things and try to assume that the prescribed meals are tasteful. This can help the patient regain interest in suggested eatables.

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ज्वरितज्वरमुक्तयोरन्नग्रहणकालमाह–

ज्वरितं ज्वरमुक्तं वा दिनान्ते भोजयेल्लघु । श्लेष्मक्षये विवृद्धोष्मा बलवाननलस्तदा ।।४१।।

41. Proper timing of meal intake in cases of fever:

In the afternoon the *kapha* content of body is reduced and the heat inside the body is raised. This leads to the promotion of digestive power and subsequently to the digestion of the vital constituents (*dhātu*). Thus it is useful for the patient of the fever as well as the others to have a meal at this point of time.

अकाले भोजननिषेधमाह–

गुर्वभिष्यन्द्यकालेचज्वरीनाद्यात् कथञ्चन । न हि तस्याहितं भुक्तमायुषे वा सुखाय वा ।।४२।।

42. Prohibited meals during fever:

Patients of fever should not take fried items prepared of wheat and *urada*, eatables that are heavy to digest and the items like curd that produces cough. Taking unwholesome eatables is dangerous to life as well as to the body. So in cases of fever one should not take the eatables that are prohibited for him.

नवज्वरे दोषपाचनान्याह–

लङ्घनं स्वेदनं कालो यवाग्वस्तिक्तको रसः । पाचनान्यविपक्वानां दोषाणां तरुणे ज्वरे ।।४३।।

43. Treatment of a fresh case of fever:

In cases of early fever such measures are useful as *langhaṇa* (fasting), sweating, the gruels suggested above (*peya*) and the *śṛīta śīta* water treated by such herbs as the *mustaka* and *parpatka*.

ज्वरस्य तरुणाद्यवस्थामाह–

आसप्तरात्रं तरुणं ज्वरमाहुर्मनीषिणः । मध्यं द्वादशरात्रन्तु, पुराणमत उत्तरम् ।।४४।।

44. Definition of a taruṇa (young) fever:

As per the opinion of the learned scholars of Ayurveda the *taruṇa* (young) stage of fever relates to the period from beginning to the 7th day. The middle stage of fever pertains to the period between 7th night to12th night. If the fever continues beyond that point, it can be considered as the old fever.

जीर्णज्वरलक्षणमाह–

त्रिसप्ताहे व्यतीते तु ज्वरो यस्तनुतां गतः । प्लीहाग्निसादं कुरुते स जीर्णज्वर उच्यते ।।४५।।

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45. Definition of an old case of fever:

If after 21 days the degree of fever is less and is affecting only such parts of the body as the hands, feet and shoulders this indisposition is called *jīrṇajvara*, i.e. chronic fever. Its symptoms also include enlargement of spleen and loss of digestive power.

नवज्वरानन्तरं कषायपाननियममाह–

ज्वरितं षडहेऽतीते लघ्वन्नप्रतिभोजितम् । पाचनं शमनीयं वा कषायं पाययेत्तु तम् ।।४६।।

46. Rules of taking decoctions in fresh cases of fever:

For the first six days the patient of fever should fast. On seventh day he should take meals in small quantity. On eighth day he should take small amount of decoctions (*kaṣāya*) that are easily digestible.

पाचनशमनभेषजव्यवस्थामाह–

सप्ताहात्परतोऽस्तब्धेसामे स्यात् पाचनं ज्वरे । निरामे शमनं, स्तब्धे सामे नौषधमाचरेत् ।।४७।।

47. Use of laxative in fevers:

The patients suffering from constipation and disorders of stomach should take carminative and laxative drugs. However, if the patients of fever have older complaint of constipation they should not take these laxatives. Taking laxative in such conditions can increase the degree of fever.

आमज्वरलिङ्गानि, तत्रौषधप्रयोगनिषेधं चाह–

लालाप्रसेको हृल्लासहृदयाशुद्ध्यरोचकाः । तन्द्राऽऽलस्याविपाकास्यवैरस्यं गुरुगात्रता ।।४८।।
क्षुन्नाशो बहुमूत्रत्वं स्तब्धता बलवाञ् ज्वरः ।
आमज्वरस्य लिङ्गानि न दद्यात्तत्र भेषजम् । भेषजं ह्यामदोषस्य भूयो ज्वलयति ज्वरम् ।।४९।।

48-49. Definition of fever caused by indigestion:

The symptoms of *āma* fever include passing of excessive saliva from mouth. Vomitting tendencies, anorexia, sleeping tendency, laziness, indigestion, disturbed heart, loss of taste in mouth, heaviness in the body, excessive urination, grip in various parts of the body and higher degree of fever. Even at this stage one should not take medication as such measures can cause *viṣam jvara*. Thus, these herbs can further vitiate the condition of the patient.

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पक्वदोषलिङ्गानि, तत्रौषधप्रयोगनिर्देशं चाह–

मृदौ ज्वरे लघौ देहे प्रचलेषु मलेषु च । पक्वं दोषं विजानीयाज्ज्वरे देयं तदौषधम् ।।५०।।

50. Characteristics of a cured cases of indigestion:

When the degree of fever is lower, there is a feeling of lightness in place of heaviness in body. If the sweating, urination and passing of stool is regulated and digestive power is restored then only antipyretic drugs should be taken.

कषायादिसेवने वर्जनीयानाह–

पीताम्बुर्लङ्घितः क्षीणोऽजीर्णी भुक्तः पिपासितः । न पिबेदौषधं जन्तुः संशोधनमथेतरत् ।।५१।।

51. Patient unfit to take decoctions:

Such patients should not take decoction: those who have just taken water, those who have fasted or have taken meal after a long *langhaṇa* (fasting), those who are very weak in strength, those who have taken meals to the full of stomach and those who are restless due to thirst and indigestion.

अभुक्तदशायामौषधसेवने गुणानाह–

वीर्याधिकं भवति भेषजमन्नहीनंहन्यात्तदामयमसंशयमाशु चैव ।
तद्बालवृद्धयुवतीमृदुभिश्च पीतंग्लानिं परां नयति चाशु बलक्षयञ्च ।।५२।।

52. Intake of medicines in empty stomach:

The medicines taken in empty stomach are more effective in checking fever and other diseases. Thus the diseases are cured speedily. However, medicines in empty stomach are not good for the children, old -age individuals, women and the weak persons. They should consume something before taking medicines.

भोजनसमय उपयुज्यमानौषधगुणानाह–

शीघ्रं विपाकमुपयाति बलं न हिंस्यादन्नावृतं न च मुहुर्वदनान्निरेति ।
प्राग्भुक्तसेवितमथौषधमेतदेव दद्याच्च वृद्धशिशुभीरुवराङ्गनाभ्यः ।।५३।।

53. Demerits of taking medicines in improper hours:

The elderly, the young, those who fear from drugs or those who are very weak should take medicines along with the meals only. Taking medicines along with meals helps the patient to digest the same easily. It does not decrease the strength of the body and it allows the patient to take meals properly.

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अवस्थाविशेषे भेषजगुणहानिमाह–

औषधशेषे भुक्तं पीतं च तथौषधं सशेषेऽन्ने । न करोति गदोपशमं प्रकोपयत्यन्यरोगांश्च ।।५४।।

54. Demerits of medicines taken in an improper time:

Taking meals or drinks before the medicine is properly digested or taking medicine before the meal is properly digested is not proper. The medicine thus taken cannot treat the diseases properly. Such measures can also cause other indispositions. Therefore, food should be taken only after the medicine is digested and likewise medicine should be taken after food eaten earlier is digested properly.

जीर्णौषधलक्षणमाह–

अनुलोमोऽनिलःस्वास्थ्यंक्षुत्तृष्णा सुमनस्कता । लघुत्वमिन्द्रियोद्गारशुद्धिर्जीर्णौषधाकृतिः ।।५५।।

55. Characteristics of digested medicines:

Symptoms of properly digested medicines include the functioning of *vāta* properly, passing of the wind, urine and stool properly, a delighted mind; feeling of energy, regulated hunger and thirst, feeling of lightness in the body, proper function of the sense organs, proper belching, and the like.

अजीर्णौषधलक्षणमाह–

क्लमो दाहोऽङ्गसदनं भ्रमो मूर्च्छा शिरोरुजा । अरतिर्बलहानिश्च सावशेषौषधाकृतिः ।।५६।।

56. Characteristics of indigested medicines:

The symptoms of condition suggesting indigestion of medicines include fatigue, burning sensation, laziness, pains in different limbs, giddiness, fainting, headache, restlessness and loss of energy and the like.

ज्वरे संक्षेपेण कर्मनिर्देशः–

ज्वरादौ लङ्घनं सामे ज्वरमध्ये तु पाचनम् । निरामे शमनं कुर्याज्ज्वरान्ते च विरेचनम् ।।५७।।

57. Process of treating cases of fever:

In fever affected by disorder of digestion, one should first of all fast. At the middle stage of fever the patient should use medicines that are promoting digestion. If the disorder of *vāta* and other *doṣas* and *āma* (chymes) are regulated then the administration of anti-pyretic drugs could be followed. Once fever is controlled the patient should take up the *virecana* (purgation) therapy depending on his strength. This measure purifies the digestive system of the patient.

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औषधमात्रानिरूपणम्–

मात्रायानास्त्यवस्थानंदोषमग्निंबलं वयः । व्याधिं द्रव्यञ्च कोष्ठञ्च वीक्ष्य मात्रां प्रयोजयेत् ।।५८।।

58. Deciding the doses of different drugs:

In Ayurveda the doses of medicine and the quantity of meals have not been fixed. It has not been suggested that a particular person should take a particular dose or quantity of medicine. It depends on the condition of disease as well as the diseased to finalize the intake of medicine. One should consider the age, strength of the patient, his digestive power and the degree of disease before the doses are decided.

स्नेहादीनां सामान्यमात्रामाह–

उत्तमस्य पलं मात्रा त्रिभिश्चाक्षैश्च मध्यमे । जघन्यस्य पलार्द्धेन स्नेहक्वाथ्यौषधेषु च ।।५९।।

59. Doses of oily substances and the like:

The best quantity of medicinal oil and decoction is 48 ml. The middle level of dose refers to 36 ml. while the low intakes refer to 24 ml. (In modern days the best doses pertain to 24 ml., the middle order doses refer to 18 ml. and the low intakes to only 12 ml.).

क्वाथे जलनिक्षेपपरिमाणमाह–

कर्षाद्रौ तु पलं यावद्दद्यात्षोडशिकं जलम् ।
ततस्तु कुडवं यावत् तोयमष्टगुणं भवेत् । क्वाथ्यद्रव्यपले कुर्यात् प्रस्थार्द्धं षादशेषितम् ।।६०।।

60. Ratio of water in different decoctions:

For a decoction measuring one to four *tolās* (12 ml. to 48 ml.), one should take water measuring 16 times. For decoction of 48 ml. to 192 ml. water should be taken in amount eight times greater. One should use 384 ml. of water to decoct 48 gm. of herbs till the quantity is reduced to the 1/4th of the original.

द्वात्रिंशन्माषकैर्माषश्चरकस्य तु तैः पलम् ।।६१।।
अष्टचत्वारिंशता स्यात् सुश्रुतस्य तु माषकः । द्वादशभिर्धान्यमाषैश्चतुःषष्ट्या तु तैः पलम् ।।६२।।

61-62. The one *māṣa* measure as suggested by Caraka pertains to 32 *urada* beans while 48 *māṣas* are equal to 1 *pala*. As per Suśruta, one *māṣa* pertains to the measure of 12 *urada* beans and 1 *pala* measure equals to the amount of 64 *māṣas*.

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चरकसुश्रुतोक्तमानयोस्तुल्यतामाह–

एतच्च तुलितं पञ्च-रक्तिमाषात्मकं पलम् ।
चरकार्द्धपलोन्मानं चरके दशरक्तिकैः । माषैः पलं चतुःषष्ट्या यद्भवेत्तद् यथेरितम् ।।६३।।

63. Comparison of measurements suggested by Suśruta and Caraka:

The *pala* of Suśruta is equal to 5 *raktis*. This is equal to the half of the measure as suggested by Caraka.

चरकोक्तमानपरिभाषाया मान्यतामानमाह–

तस्मात्पलं चतुःषष्ट्या माषकैर्दशरक्तिकैः । चरकानुमतं वैद्यै-श्चिकित्सासूपयुज्यते ।।६४।।

64. Measurement suggested by Caraka:

The modern physicians follow the line of Caraka in measurement. Thus, one *māṣa* equals to 10 *raktiks* while 64 *māṣas* equals to 1 *pala*.

अथ साधारणज्वरचिकित्सा ।

सर्वज्वरे दीपनपाचनः कषायो धान्यपटोलम्–

दीपनं कफविच्छेदि वातपित्तानुलोभनम् । ज्वरघ्नं पाचनं भेदि श्रृतं धान्यपटोलयोः ।।६५।।

65. Treatment of common fever:

In common fever a decoction-based on coriander seeds and leaves of *paṭola* is to be used. The coriander seeds, leaves of *paṭola*, and water in 1:1:32 ratio should be decocted till they are reduced to the one forth of the original quantity. Optionally, one can take the medicated *śṛīta* heated till boiling point. This medication is effective in curing fever and in increasing digestive power and is carminative and purgative.

गुडूच्यादिक्वाथः–

गुडूची निम्बधन्याकं पद्मकं रक्तचन्दनम् ।
एष सर्वज्वरान् हन्ति गुडूच्यादिस्तु दीपनः । हृल्लासारोचकच्छर्दि-पिपासादाहनाशनः ।।६६।।

66. Guḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, barks of *neem*, coriander seeds, *padmaka* and red sandal.

Process of Drug-Making: This is a decoction-based drug. Raise a combination of the above measuring 10 gm. and decoct in water measuring 480 ml. Strain it when the preparation is reduced to $^{1}/_{16}$.

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Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: The drug is effective in curing common fevers. It increases digestion, stops vomitting tendencies, anorexia, and removes thirst and fever.

पथ्यादिक्वाथः–

पथ्यारग्वधतिक्तात्रिवृदामलकैः शृतं तोयम् । पाचनसारकमुक्तं मुनिभिर्जीर्णज्वरे सामे ।।६७।।

67. Pathyādi Kvātha:

Ingredients: *Harītakī*, pulp of the *amaltas*, *kaṭukī*, *niśotha* and *āmalakī*.

Process of Drug-Making: The drug is prepared as per the decoction method. Raise a combination of the above measuring 50 gm. and decoct in water measuring 4 litre. Strain it when the preparation is reduced to $^{1}/_{16}$.

Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: The decoction has been noted by the scholars as very effective in curing fever as well as the chronic cases of fever. It is also a purgative.

मुस्तपर्पटकादिक्वाथः–

पक्त्वा ज्वरे कषायं वा मुस्तपर्पटकं शृतम् । सनागरं पर्पटकं पिबेद्वा सदुरालभम् ।।६८।।

68. Mustaparpaṭakādi Kvātha:

Ingredients: *Mustā* and *parpaṭaka* or dried ginger and *parpaṭaka* added with *durālabhā*.

Process of Drug-Making: Either of the drugs are prepared as per the decoction method. Taking the herbs and water in 1:16 ratio.

Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: Both of the decoctions cure the fever.

वृश्चीरादिक्षीरपाकः–

वृश्चीरबिल्ववर्षाभूपयः सोदकमेव च । पचेत् क्षीरावशेषं तु पेयं सर्वज्वरापहम् ।।६९।।

69. Vṛiścirādi kṣīra Pak:

Ingredients: 24 gm. measure of the combination of the bark of *bilva* tree and *varṣābhūpa*, 192 ml. measure of milk and 768 ml. measure of water.

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Process of Drug-Making: Cook the combination till it is reduced to a quarter. Thereafter strain the liquid.

Therapeutic benefits: The drink thus obtained is capable to remove all kinds of fevers.

नागरादिक्वाथः–

नागरं देवकाष्ठं च धन्याकं बृहतीद्वयम् । दद्यात्पाचनकं पूर्वं ज्वरिताय ज्वरापहम् ।।७०।।

70. Nāgarādi Kvātha:

Ingredients: Dried ginger, *devadāru*, the seeds of coriander and the both types (large and small) of *vṛihatī*.

Process of Drug-Making: Taking 10 gm. each of the ingredients, decoct them in water measuring 800 ml. Decoct the same till its original quantity is reduced to $^1/_{16}$.

Method of Use/Administration: Dosage: 50 ml. decoction should be given in the early stage of fever.

Therapeutic benefits: It removes the indigestion and cures one from fever.

(Śārangdhar)

मुस्तादिक्वाथः–

मुस्तपर्पटकोदीच्यच्छत्राख्योशीरचन्दनैः । शृतं शीतं जलं दद्यात्तृड्दाहज्वरशान्तये ।।७१।।

71. Mustādi Kvātha:

Ingredients: *Parpaṭaka*, *mustā*, *sugandhabālā*, coriander seeds, *uśīra* and red sandals.

Process of Drug-Making: Taking 10 gm. each of the ingredients, decoct them in water measuring 800 ml. Decoct the same till its original quantity is reduced to $^1/_{16}$.

Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: The decoction cures the fever with thirst and burning sensation.

किराततिक्तकादिक्वाथः–

किराततिक्तकं मुस्तं गुडूची विश्वभेषजम् । पाठामुशीरं सोदीच्यं पिबेद्वा ज्वरशान्तये ।।७२।।

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72. Kirātatiktādi Kvātha:

Ingredients: *Kirātatikta*, *mustā*, *guḍūcī* and dried ginger, *pāṭhā*, *uśīra* and *sugandhabālā*

Process of Drug-Making: Taking 10 gm. each of the ingredients, decoct them in water measuring 800 ml. Decoct the same till its original quantity is reduced to $^1/_{16}$.

Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: The Decoction cures fever.

(*Gadanigraha*)

क्षुद्रादिक्वाथः–

क्षुद्राकिराततिक्तंचशुण्ठीछिन्ना च पौष्करम् । कषाय एषां शमयेत् पीतश्चाष्टविधं ज्वरम् ।।७३।।

73.Kṣudrādi Kvātha:

Ingredients: Bark of the roots of small *kañṭakārī*, *kirātatikta*, dried ginger, *chinna* and *puṣkaramūla*.

Process of Drug-Making: Taking 10 gm. each of the ingredients, decoct them in water measuring 200 ml. Decoct the same till its original quantity is reduced to $^1/_{16}$.

Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: This decoction is capable to remove eight kinds of fever.

(Śārangdhar)

अथ वातिकज्वरचिकित्सा ।

बृहत्पञ्चमूलक्वाथः पिप्पलीमूलादिक्वाथश्च–

बिल्वादिपञ्चमूलस्य क्वाथः स्याद्वातिके ज्वरे । पाचनं पिप्पलीमूलगुडूचीविश्विजोऽथवा ।।७४।।

Treatment Of Vātika Fever:

74. Bṛihatpañcamūlādi Kvātha:

Ingredients: the *Pañca mūlas or* the five roots (bark of *bilva* tree, *śyoṇāka*, *gambhārī*, *pāṭala and araṇī*).

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Process of Drug-Making: Taking 10 gm. each of the ingredients, decoct them in water measuring 800 ml. Decoct the same till its original quantity is reduced to $^1/_{16}$.

Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: The decoction should be given to cure *vātika* fever (a fever accompanied with rigors and having the period of abatement and exacerbation without coming down to normalcy is known as *vātika* fever). Decoction-based on pepper-roots, *guḍūcī* and dried ginger can also be prescribed in *vātika* fever.

(Cakradatt)

किरातादिक्वाथः–

किराताब्दामृतोदीच्यबृहतीद्वयगोक्षुरैः । सस्थिराकलसीविश्वैः क्वाथो वातज्वरापहः ।।७५।।

75. Kirātādi Kvātha:

Ingredients: *Kirātatikta*, *mustā*, *udīcya*, both types (small and large) of *vṛihatī*, *gokṣura*, *śālaparṇī* and *pṛiśniparṇī*, water and dried ginger.

Process of Drug-Making: This is a decoction-based formula. Raise 25 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 400 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: Dosage: 50 ml.

Therapeutic benefits: The decoction checks the *vātika* fever effectively.

(Cakradatt)

पिप्पल्यादिक्वाथः–

पिप्पलीसारिवाद्राक्षाशतपुष्पाहरेणुभिः । कृतः कषायः सगुडो हन्याच्छ्वसनजं ज्वरम् ।।७६।।

76. Pippalyādi Kvātha:

Ingredients: Pepper, *anantamūla*, black or red *drākṣā*, aniseeds and *hareṇukā*.

Process of Drug-Making: This is a decoction-based formula. Raise 25 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 400 ml. for an overnight

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period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: This decoction should be taken in doses of 50 ml. along with 10 gm. of jaggery.

Therapeutic benefits: The decoction cures the *vātika* fever.

(Cakradatt)

प्रक्षेपानुपानयोर्मानम्–

प्रक्षेपःपादिकः क्वाथ्यात् स्नेहे कल्कसमो मतः । परिभाषामिमान्ये प्रक्षेपेऽप्यूचिरे यथा ।।७७।।
कर्षश्चूर्णस्य कल्कस्य गुडिकानां च सर्वशः ।
द्रवशुक्त्या स लेढव्यः पातव्यश्च चतुर्गुणः । मात्रा क्षौद्रकृतादीनां स्नेहक्वाथेषु चूर्णवत् ।।७८।।

77-78. Ratio of herbs and the liquid for decoction:

In decoction *prakṣepa dravyas* are added in measure of ¼ of the substances (herbs) used to prepare decoction. In preparing medicinal *ghṛitam* or *sneha*, *prakṣepa dravyas* should be equal to the quantity of *kalka* used in the formula. The doses of medicinal *cūṇa*, *kalka* and pill are only 12 gm. They should be licked along with liquid measuring 23 gm. For drinking these drugs, one should take water measuring 46 gm. If the preparations are to be added with honey the amount of honey used should be equal to the *kalka* (used in cases of *sneha* formula) or ¼ of the herbs (used in cases of *kvātha* preparation).

(Cakradatt)

गुडूच्यादिक्वाथः–

गुडूचीसारिवाद्राक्षाशतपुष्पापुनर्नवाः । सगुडोऽयं कषायः स्याद्वातज्वरविनाशनः ।।७९।।

79. Guḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, *anantamūla*, *drākṣā*, aniseeds and *punarṅavā*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml.

Therapeutic benefits: This decoction is a cure to the *vātika* fever.

(Cakradatt)

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द्राक्षादिक्वाथः–

द्राक्षागुडूचीकाश्मर्यत्रायमाणाः ससारिवाः । निष्क्वाथ्य सगुडंक्वाथं पिबेद्वातज्वरापहम् ।।८०।।

80. Drākṣādi Kvātha:

Ingredients: *Drākṣā*, *guḍūcī*, bark of the roots of *gambhārī*, *trāyamāṇā and anantamūla*,

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. along with 10 gm. of jaggery.

Therapeutic benefits: It removes the *vātika* fever.

(Cakradatt)

रास्नादिक्वाथः–

रास्ना वृक्षादनी दारु सरलं सैलवालुकम् । सोष्णं सगुडसर्पिष्कं पिबेद्वातज्वरापहम् ।।८१।।

81. Rāsnādi Kvātha:

Ingredients: *Rāsnā*, *vṛikṣadani* (*vandaka*),*devadāru*, *sarala* (*pīta dāru*) and *ailvāluka* (or *kapitha phala*).

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. along with 10 gm. of jaggery.

Therapeutic benefits: It is capable to cure the *vātika* fever.

(Cakradatt)

बिल्वादिक्वाथः–

बिल्वादिपञ्चमूली च गुडूच्यामलके तथा । कुस्तुम्बुरुसमो ह्येष कषायो वातिके ज्वरे ।।८२।।

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82. Bilvādi Kvātha:

Ingredients: Bark of roots as well as *pañcānga* (leaves, fruits roots, barks and flowers, if possible) of *bilva*, *araṇī*, *śyoṇāka*, *gambhārī* and *pāṭala* along with *guḍūcī*, *āmalakī* and coriander seeds.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. when it is still hot.

Therapeutic benefits: the decoction is consumed to cure cases of *vātika* fever.

(Cakradatt)

विश्वादिक्वाथः-कुस्तुम्बुर्वादिक्वाथश्च–

विश्वामृताग्रन्थिकसिद्धतोयंमरुज्ज्वरः स्यात् पिबतः कुतोऽयम् ।
क्वाथोऽथ कुस्तुम्बुरुदेवदारुक्षुद्रौषधैः पाचनमत्र चारु ।।८३।।

83. Viśvādi Kvātha and Kuśatumburvādi Kvātha:

Ingredients: Dried ginger, *guḍūcī* and *pippalī mūla*.

Process of Drug-Making: The drug is prepared as per the decoction method.

Therapeutic benefits: The Decoction checks the *vātika* fever.

Kuśatumburvādi Kvātha:The decoction of coriander seeds, *devadāru*, *kañṭakārī* and dried ginger also cures the indisposed digestion.

(*Bhāvaprakāśa*)

गुडूच्यादिस्वरसः–

गुडूच्याः स्वरसो ग्राह्यः शतावर्याश्च तत्समः । गुडप्रगाढः शमयेत्सद्योऽनिलकृतं ज्वरम् ।।
शृतशीतं कषायं वा गुडूच्याः पेयमेव तु ।।८४।।

84.Guḍūcyādi Svarasa:

Ingredients: *Svarasa* (juices) of *guḍūcī* and *śatāvarī* each measuring 6 ml.

Process of Drug-Making: The drug is a *svarasa* formula.

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Method of use/Administration: It should be consumed along with jaggery.

Therapeutic benefits: It removes the *vātika* fever. The decoction of only *guḍūcī* is also capable to remove *vātika* fever.

(Cakradatt)

भूनिम्बादिक्वाथः–

भूनिम्बमुस्ताजलकण्टकारी-द्वयामृतागोक्षुरनागराणाम् ।
सशालपर्णीद्वयपौष्कराणां क्वाथं पिबेद्वातभवज्वरार्त्तः ।।८५।।

85.Bhūnimbādi Kvātha:

Ingredients: *Kirātatikta*, *mustā*, both the small and large *kaṅṭakārī*, *gokṣura*, dried ginger *śālaparṇī*, *priśniparṇī* as well as *puṣkaramūla*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. when it is still hot.

Therapeutic benefits: The decoction checks the *vātika* fever.

पञ्चमूलादिक्वाथः–

पञ्चमूलीबलारास्नाकुलत्थैः सहपौष्करैः । क्वाथो हन्याच्छिरःकम्पं पर्वभेदं मरुज्ज्वरम् ।।८६।।

86. Pañcamūlādi Kvātha:

Ingredients: The *pañcamūla* or the roots of five trees (*bilva*, *śyoṇāka*, *gambhārī*, *pāṭala* and *araṇī*), *balā*, *rāsnā*, *kulattha* and *puṣkaramūla*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml.

Therapeutic benefits: The shaking of head, headache, paining joints as well as the *vātika* fever is cured by this decoction.

(Vangasen)

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कणादिक्वाथः–

कणारसोनामृतवल्लिविश्वानिदिग्धिकातिन्दुकभूमिनिम्बैः ।
समुस्तकैराचरितः कषायो हिताशिनां हन्ति गदानिमांस्तु ।।८७।।
ज्वरं मरुद्दुष्टिसमुद्भवं च बलासजञ्चानलमन्दतां च ।
कण्ठावरोधं हृदयावरोधं स्वेदं च हिक्कां च हिमत्वमोहम् ।।८८।।

87-88. Kaṇādi Kvātha:

Ingredients: Pepper, garlic, *guḍūcī*, dried ginger, *nidigdhikā*, *tinduka*, *kirātatikta* and *mustā*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. when it is still hot.

Therapeutic benefits: The *vātika* fever, and cold fever, indigestion, stiff neck, stiff heart, sweating, hiccup and senselessness - all these indispositions can be checked by this decoction.

शतपुष्पादिक्वाथः–

शतपुष्पा वचा कुष्ठं देवदारु हरेणुका । कुस्तुम्बुरूणि नलदं मुस्तं चैवाशु साधयेत् ।।८९।।
क्षौद्रेण सितया चापि युक्तः क्वाथोऽनिलज्वरे ।।९०।।

89-90. Śatapuṣpādi Kvātha:

Ingredients: The *śatapuṣpā* (aniseeds), *vacā*, *kuṣṭha*, *devadāru*, *reṇukā* coriander seeds, *nalada* (*uśīra*) and *mustā*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. when it is still hot along with honey and sugar,

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Therapeutic benefits: This decoction proves very effective in curing the *vātika* fever.

(*Bṛ.Ni.Ratn.*)

शालपर्ण्यादिक्वाथः–

शालपर्णी बला द्राक्षा गुडूची सारिवा तथा ।
आसां क्वाथं पिबेत् कोष्णं तीव्रवातज्वरच्छिदम् ।।९१।।

91. Śālaparṇyādi Kvātha:

Ingredients: *Śālaparṇī*, *balā*, *drākṣā*, *guḍūcī* and *anantamūla.*

Process of Drug-Making: The drug is prepared as per the decoction method.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken during morning as well as evening in doses of 50 ml. when it is still hot.

Therapeutic benefits: It cures severe *vātika* fever.

(Śārangdhar)

गुडूच्यादिक्वाथः–

गुडूची शतपुष्पा च प्लक्षो रास्ना पुनर्नवा । त्रायमाणा कषायश्च गुडैर्वातज्वरापहः ।।९२।।

92.Guḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, aniseeds, bark of the *plākṣa* tree, *rāsnā*, *punarnavā* and *trāyamāṇā.*

Process of Drug-Making: The drug is prepared as per the decoction method.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. along with jaggery.

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Therapeutic benefits: The decoction checks the *vātika* fever.

(Hārīta)

दशमूलादिक्वाथः–

श्रीफलःसर्वतोभद्राकामदूती च श्योणकः । तर्कारी गोक्षुरः क्षुद्रा बृहती कलसी स्थिरा ।।९३।।
रास्नाकणाकणामूलंकुष्ठंशुण्ठीकिरातकः । मुस्ताबलाऽमृताबालाद्राक्षायासः शताह्विका ।।९४।।
एषां क्वाथो निहन्त्येव प्रभञ्जनकृतं ज्वरम् । सोपद्रवं च योगोऽयं सर्वयोगवरः स्मृतः ।।९५।।

93-95.Daśamūlādi Kvātha:

Ingredients: The bark of *bilva* tree, *gambhārī*, *pāṭala*, *śyoṇāka*, *araṇī*, *gokṣura*, both of the *kañṭakārī*, *kalasī*, *sthirā*, *rāsnā*, *kaṇā*, *kaṇāmūla*, *kuṣṭha*, dried ginger, *kirātatikta*, *mustā*, *balā*, *guḍūcī*, *sugandhabālā*, *drākṣā*, *yavāsā* and *śatāhvikā*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken during morning as well as evening in doses of 50 ml. when it is still hot.

Therapeutic benefits: It is one of the best cures of the *vātika* fever as well as its side effects.

(*Bhāvaprakāśa*)

शतावर्यादिस्वरसः–

शतावरीगुडूचीभ्यां स्वरसो यन्त्रपीडितः । गुडप्रगाढः शमयेत् सद्योऽनिलकृतं ज्वरम् ।।९६।।

96.Śatāvaryādi Svarasa:

Ingredients: *Śatāvarī* and *guḍūcī*.

Process of Drug-Making: The juice of *śatāvarī* and *guḍūcī*, obtained by machine-pressing, should be mixed by the equal amount of jaggery.

Therapeutic benefits: Consuming this preparation is also an effective cure of the *vātika* fever.

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अथ पित्तज्वरचिकित्सा ।

Treatment of the pitta fever:

High temperature accompanied with diarrhoea, vomiting, bitter taste in the mouth, thirst, boils on lips, nose, mouth and throat, delirium, fainting and unconsciousness are the signs and symptoms of the *pitta* fever.

तिक्तादिक्वाथः–

तिक्तामुस्तायवैः पाठाकट्फलाभ्यां सहोदकम् । पक्वं सशर्करं पीतं पाचनं पैत्तिके ज्वरे ।।९७।।

Tiktādi Kvātha:

Ingredients: *Kaṭukī mustā*, *indrayava*, *pāṭhā*, *kaṭaphala* and *sugandhabālā*.

Process of Drug-Making: The drug is prepared as per the decoction method.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. along with jaggery when it is still hot.

Therapeutic benefits: The *pitta* fever is corrected by this decoction.

(*Bhāvaprakāśa*)

पर्पटकादिक्वाथः–

एकः पर्पटकः श्रेष्ठः पित्तज्वरविनाशनः । किं पुनर्यदि युज्येत चन्दनोदीच्यनागरैः ।।९८।।

98. Parpaṭakādi Kvātha:

Ingredients: The *parpaṭaka* only.

Process of Drug-Making: The drug is prepared as per the decoction method.

Method of use/ Administration and Therapeutic benefits: Decoction of the *parpaṭaka* only itself is capable to cure the case of *pitta* fever. If the red sandalwood, *sugandhabālā* and dried ginger are also added to the preparation it becomes a wonderful cure.

(Cakradatt)

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द्राक्षादिक्वाथः–

द्राक्षा हरीतकी मुस्ता कटुका कृतमालकः । पर्पटश्च कृतः क्वाथ एषां पित्तज्वरापहः ।।९९।।
मुखशोषप्रलापान्तर्दाहमूर्च्छाभ्रमप्रणुत् । पिपासारक्तपित्तानां शमनो भेदनो मतः ।।१००।।

99-100.Drākṣādi Kvātha:

Ingredients: *Drākṣā*, *harītakī*, *nāgaramustā*, *kaṭukī*, the pulp of the *kṛitamālaka* fruit and *parpaṭaka*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. when it is still hot.

Therapeutic benefits: Decoction of the above ingredients together is very effective in checking boils on mouth, delirium, temperature, fainting, senselessness and morbid thirst related to the *pitta* fever. This decoction produces purgative effect and sets the digestive system. It also removes the disorder in blood and *pitta*.

(Śārangdhar)

ह्रीवेरादिक्वाथः–

ह्रीवेरचन्दनोशीर-घनपर्पट-साधितम् । दद्यात्तु शीतलं वारि तद्वृद्धिज्वरदाहनुत् ।।१०१।।

101.Hṛiberādi Kvātha:

Ingredients: *Hṛibera* (*Sugandhabālā*), red sandalwood, *uśīra*, *nāgaramustā* and *parpaṭaka*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken during morning as well evening in doses of 50 ml.

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Therapeutic benefits: The *pitta* fever along with morbid thirst and high temperature is cured by drinking this decoction cold.

(*Bhāvaprakāśa*)

पटोलादिक्वाथः–

पटोलयवधन्याकमधुकं मधुसंयुतम् । हन्ति पित्तज्वरं दाहं तृष्णां चातिप्रमाथिनीम् ।।१०२।।

102.Paṭolādi Kvātha:

Ingredients: The leaves of *paṭola*, *indrayava*, coriander seeds and *madhukam*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. when it is still hot.

Therapeutic benefits: The medicine is useful to treat the *pitta* type of fever.

(*Bṛ.Ni.Ratn.*)

गुडूच्यादिक्वाथः–

गुडूची भूमिनिम्बश्च बालं वीरणमूलकम् । लघु मुस्तं त्रिवृद्धात्री द्राक्षा वासा च पर्पटः ।।१०३।।
एषां क्वाथो हरत्येव ज्वरं पित्तभवं द्रुतम् । सोपद्रवमपि प्रातर्निपीतो मधुना सह ।।१०४।।

103-104. Guḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, *kirātatikta*, *bālā*, *uśīra*, *agara*, *mustā*, *nāgaramustā*, *niśotha*, *āmalakī*, *drākṣā*, *aḍuṣā* and *parpaṭa*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. along with jaggery.

Therapeutic benefits: It cures the *pitta* fever and related complications.

(*Bhāvaprakāśa*)

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किरातादिक्वाथः–

किरातामृतधन्याक-चन्दनोशीरपर्पटैः । सषद्मकैः कृतः क्वाथो हन्ति पित्तभवं ज्वरम् ।।१०५।।

105.Kirātādi Kvātha:

Ingredients: *Kirātatikta*, *guḍūcī*, coriander seeds, red sandalwood, *parpaṭa* and *padmaka*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. when it is still hot.

Therapeutic benefits: The decoction is also capable to cure the *pitta* fever.

(*Bṛ.Ni.Ratn.*)

महाद्राक्षादिक्वाथः–

द्राक्षाचन्दनपद्मानि मुस्ता तिक्ताऽमृताऽपि च । धात्री बालमुशीरञ्च लोध्रेन्द्रयवपर्पटाः ।।१०६।।
परुषकं प्रियङ्गुश्च यवासो वासकस्तथा । मधुकं कुलकञ्चापि किरातो धान्यकं तथा ।।१०७।।
एषांक्वाथोनिहन्त्येवज्वरं पित्तसमुत्थितम् । तृष्णां दाहं प्रलापञ्च रक्तपित्तं भ्रमं क्लमम् ।।१०८।।
मूर्च्छांछर्दितथा शूलं मुखशोषमरोचकम् । कासं श्वासं च हृल्लासं नाशयेन्नात्र संशयः ।।१०९।।

106-109. Mahādrākṣādi Kvātha:

Ingredients: *Drākṣā*, red sandalwood,*padmaka*, *mustā*, *kaṭukī*, *guḍūcī*, *āmalakī*, *sugandhabālā*, *uśīra*, *lodhra*, *indrayava*, *parpaṭī*, *paruṣka*, flowers of *priyangu*, *yavāsā*, *vāsakam*, *madhuka*, *kulaka*, *kirātatikta* and coriander seeds.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken during morning as well evening in doses of 50 ml.

Therapeutic benefits: The *pitta* fever along with morbid thirst, high temperature, delirium. disorder of blood and *pitta*, boils on mouth, fainting,

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vomiting, bitter taste in the mouth, *kāsa* (coughs) and hiccup all these can be treated effectively, without doubt by this decoction.

(*Bhāvaprakāśa*)

यवपटोलक्वाथः–

पटोलयवनिक्वाथो मधुना मधुरीकृतः । तीव्रपित्तज्वरामर्दी पानात्तृड्दाहनाशनः ।।११०।।

110. Yavapaṭola Kvātha:

Ingredients: The leaves of *paṭola* and grains of *yava*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml.

Therapeutic benefits: This preparation cures *pitta* fever and controls the high temperature of the whole body along with hands and legs.

(Cakradatt)

धान्यशर्करा–

व्युषितंधन्याकजलंप्रातः पीतं सशर्करं पुंसाम् । अन्तर्दाहं शमयत्यचिराद् दूरप्ररूढमपि ।।१११।।

111. Dhānya śarkarā

Ingredients: Seeds of coriander and water.

Process of Drug-Making: The partly crushed seeds of coriander (20 gm.) should be soaked overnight in water (120 ml.) kept in a fresh earthen pot. In the following morning the seeds should be meshed by hands and the water should be filtered.

Therapeutic benefits: Drinking of this water along with jaggery removes the prolonged high temperature and burning sensation through hands and legs and other parts of the body.

(Cakradatt)

लोध्रादिक्वाथः–

लोध्रोत्पलामृतापद्मसारिवाणां सशर्करः । क्वाथः पित्तज्वरं हन्यादथवा पर्पटोद्भवः ।।११२।।

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112. Lodhrādi Kvātha:

Ingredients: The *lodhra*, *nīlakamala*, *amṛitā*, *padma* and *anantamūla*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. along with 10 gm. of sugar.

Method of use/Administration: This preparation is to be taken along with jaggery.

Therapeutic benefits: The *pitta* fever can be cured with this decoction. (However, the decoction of only *parpaṭīka* is also capable to cure *pitta* fever.)

(Cakradatt)

तिक्तादिक्वाथः–

सक्षौद्रं पाचनं पैत्ते तिक्ताब्देन्द्रयवैः कृतम् ।।११३।।

113.Tiktādi Kvātha:

Ingredients: *Kaṭukī*, *mustā* and *indrayava*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml.

Therapeutic benefits: The decoction checks the ailments connected with *pitta* fever.

(Cakradatt)

दुरालभादिक्वाथः–

दुरालभापर्पटकप्रियङ्गुभूनिम्बवासाकटुरोहिणीनाम् ।
जलं पिबेच्छर्करायाऽवगाढं तृष्णाऽस्रपित्तज्वरदाहयुक्तः ।।११४।।

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114. Durālabhādi Kvātha:

Ingredients: *Durālabhā*, *parpaṭaka*, *priyānagu*, *kirātatikta*, *yavāsā*, and *kaṭukā*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml. along with 20 gm. of sugar.

Therapeutic benefits: The *pitta* fever along with the morbid thirst, disorder in blood and *pitta*, high temperature, burning sensation in the body can be cured by consuming this decoction.

(Cakradatt)

पर्पटादिक्वाथः–

पर्पटामृतधात्रीणां क्वाथः पित्तज्वरं जयेत् ।।११५।।

115. Parpaṭādi Kvātha:

Ingredients: *Parpaṭaka*, *amṛitā* (*neemguḍūcī*) and *āmalakī*.

Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml.

Therapeutic benefits: The decoction controls the *pitta* fever. is cured by this preparation.

(Cakradatt)

विश्वादिक्वाथः–

विश्वाम्बुपर्पटोशीरघनचन्दनसाधितम् । दद्यात् सुशीतलं वारि तृट्छर्दिज्वरदाहनुत् ।।११६।।

116.Viśvādi Kvātha:

Ingredients: Dried ginger, *netrabālā*, *parpaṭaka*, *uśīra*, *mustā* and red sandalwood.

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Process of Drug-Making: This is a decoction-based formula. Raise 50 gm. of the combined weight of the above ingredients taken in equal parts and coarsely compound them. Soak the compound in water measuring 800 ml. for an overnight period. Next morning decoct the same on a slow heat and strain the liquid when it is reduced to $^1/_8$.

Method of use/Administration: It should be taken in doses of 50 ml.

Therapeutic benefits: Fever, strong thirst, vomitting tendencies, high fever, etc. are removed by drinking this decoction.

(Cakradatt)

द्राक्षादिक्वाथः काश्मर्यक्वाथश्च–

द्राक्षारग्वधयोश्चापि काश्मर्यस्याथवा पुनः ।।११७।।

117. Drākṣādi Kvātha and Kāśmarya Kvātha

The patient of *pitta* fever should consume the decoction made of the *drākṣā*, pulp of the *āragvadha* (taken in measurement of 50 gm. each) and decocted in water measuring 16 times greater. Optionally, one can also take decoction only of the bark of the fruit or roots of *gambhārī*.

(Suśruta)

मृद्वीकाऽऽदिक्वाथः–

मृद्वीकामधुकं निम्बं कटुकरोहिणी समा । अवश्यायस्थितः क्वाथ एष पित्तज्वरापहः ।।११८।।

118.Mṛidvīkādi Kvātha:

Ingredients: The *drākṣā* (*mṛidvīkā*), *madhuka*, bark of the *neem* tree and *kaṭukarohiṇi*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the *drākṣā*, *madhuka*, bark of the *neem* tree and *kaṭuka*, taken in measure of 50 gm. each and decocted in water measuring 16 times. This preparation should be kept in an earthen pot overnight under open sky. The following morning the liquid in it should be strained and drank.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *pitta* fever is removed by this drug.

(Cakradhara)

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श्रीपर्ण्यादिक्वाथः–

श्रीपर्णीचन्दनोशीरपरूषकमधूकजः । शर्करामधुरो हन्ति कषायः पैत्तिकं ज्वरम् ।।११९।।

119.Śrīparṇyādi Kvātha:

Ingredients: The bark of the roots of *gambhārī*, red sandalwood, *uśīra*, *paruṣka* and the flowers of *madhuka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. each and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with jaggery.

Therapeutic benefits: The *pitta* fever is cured by this preparation.

(Suśruta)

त्रायमाणादिक्वाथः–

त्रायमाणा च मधुकं पिप्पलीमूलमेव च ।
किराततिक्तकं मुस्तं मधूकं सबिभीतकम् । सशर्करं पीतमेतत् पित्तज्वरविनाशनम् ।।१२०।।

120.Trāyamāṇādi Kvātha:

Ingredients: *Trāyamāṇā*, *madhuka*, *pippalīmūla*, *kirātatikta*, *mustā*, and flowers of *madhuka* and *vibhītaka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. each and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with jaggery.

Therapeutic benefits: The *pitta* fever is treated by this decoction.

(Cakradatt)

पित्तज्वरे दाहप्रतीकारः–

पित्तज्वरेण तप्तस्य क्रियां शीतां समाचरेत् ।
उत्तानसुप्तस्यगभीरताम्रकांस्यादिपात्रंविनिधायनाभौतत्रां
बुधाराबहुलापतन्तीनिहंतिदाहंत्वरितंसुशीता ।।१२१।।

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121.Controlling the body temperature due to pitta jvara:

To reduce the body temperature, certain external applications are also advised. Piece of cotton cloth wet in the cold water should be rubbed over the hands, legs and torso of the patient. The same piece of cloth should be again wet in the cold water and the various limbs of the patient should be caressed by it. Repeating this application for four to five time reduces the body temperature of the patient. Piece of wet cloth should be kept over the forehead of the patient. Likewise a small pot of copper or bronze should be kept over the naval region of the patient who should remain lying. Pouring cold water slowly into the pot speedily reduces the temperature of the patient.

अम्लपिष्टैः सुशीतैर्वा पलाशतरुजैर्दिहेत् । बदरीपल्लवोत्थेन फेनेनारिष्टकस्य च ।।१२२।।

122. For reducing and removing the burning sensation in the body one should prepare a *kalka* of the leaves of *palāśa* tree. This *kalka* should be coated above the hands and feet and other parts of body of the patient. Alternatively one can use the *kalka* of leaves of *badar* (jujbe tree) along with *kānji*. This preparation should be stirred along with some churning tool and the foam resulting through this churning should be applied on the body of patient. Such measures as the application of cold spounge, wet pack, cold bath, etc.have been suggested also by Caraka.

विदार्यादिप्रदेहः–

विदारी दाडिमं लोध्रं दधित्थं बीजपूरकम् । एभिः प्रदिह्यान्मूर्धानं तृड्दाहार्तस्य देहिनः ।।१२३।।

Embalming the body:–

123. Embalming of the head of the patient by the water-based *kalka* of *vidārī*, *dāḍima*, *lodhra*, pulp of the *dadhittha* (*kapitha* or *kapittha*) and lemon removes the morbid thirst and high temperature.

(Suśruta)

नागरादिक्वाथः–

नागरोशीरमुस्ताश्च चन्दन कटुरोहिणी । धान्यकं क्वाथ एषां तु पित्तज्वरविनाशनः ।।१२४।।

124.Nāgarādi Kvātha:

Ingredients: Dried ginger, *uśīra*, *mustā*, red sandalwood, *kaṭukī* and the seeds of coriander.

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Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *pitta* fever is removed by the decoction.

विदार्यादिक्वाथः–

विदारिकालोध्रकपित्थकानांस्यान्मातुलुङ्गस्य च दाडिमानाम् ।
यथाऽनुभावेन च मूलपत्रंतृड्दाहमूर्च्छाश्च ज्वरं निहन्ति ।।१२५।।

125.Vidaryādi Kvātha:

Ingredients: The leaves or the bark of the roots of *vidārī*, *lodhra*, *kapittha*, *mātulunga* and *dāḍima*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *pitta* fever, temperature and fainting are cured by this decoction.

(*Gadanigraha*)

पर्पटादिक्वाथः–

पर्पटो वामकस्तिक्ता कैरातो धन्वयासकः ।
प्रियङ्गुश्च कृतः क्वाथ एषां शर्करया युतः । पिपासादाहपित्तास्रयुतं पित्तज्वरं हरेत् ।।१२६।।

126.Parpaṭādi Kvātha:

Ingredients: *Parpaṭa*, *vāsaka*, *kaṭukī*, *kirātatikta*, *dhanvayāsaka* and *priyangu*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with honey (about 7 gm.)

Therapeutic benefits: The decoction checks the *pitta* fever and related thirst, high temperature, hemorrhagic conditions are removed by this drug.

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गुडूच्यादिक्वाथः–

गुडूच्यामलकैर्युक्तः केवलो वाऽपि पर्पटः । पित्तज्वरं हरेत्तृर्णं दाहशोषभ्रमान्वितम् ।।१२७।।

127. Guḍūcyādi Kvātha:

Ingredients: *Parpaṭī, guḍūcī* and *āmalakī.*

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: Decoction of *parpaṭī* alone or along with *guḍūcī* and *āmalakī* cures the *pitta* fever and related thirst, high temperature and hemorrhagic conditions.

(*Bṛ.Ni.Ratn.*)

भूनिम्बादिक्वाथः–

भूनिम्बादिविषालोध्रमुस्तकेन्द्रयवामृताः ।
बालकंधान्यकंबिल्वंकषायो माक्षिकान्वितः । विड्भेदश्वासकासांश्च रक्तपित्तज्वरं हरेत् ।।१२८।।

128.Bhūnimbādi Kvātha:

Ingredients: *Kirātatikta, ativiṣā, lodhra, mustā, indrayava, guḍūcī, sugandhabālā*, seeds of coriander and bark of the *bilva* tree.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *pitta* fever including disordered digestion, *kāsa* (coughs), and hemorrhagic condition can be removed by taking the decoction with honey.

(Vangasen)

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अथ कफज्वरचिकित्सा ।

मधुपिप्पली–

क्षौद्रोपकुल्यासंयोगःश्वासकासज्वरापहः । प्लीहानंहन्तिहिक्काश्चबालानाञ्चापि शस्यते ।।१२९।।

Treatment of The Kapha Fever:

129. Madhupippalī

The powder of pepper (6 gm.) taken with honey (3 gm.) is an effective cure of fever, *kāsa* (coughs), hiccup as well as spleenomegaly, particularly among the children.

(Cakradatt)

चतुर्भद्रावलेहिका–

कटफलंपौष्करंशृङ्गीकृष्णाचमधुनासह । कासश्वासज्वरहरः श्रेष्ठो लेहः कफान्तकृत् ।।१३०।।

130. Caturabhadrāvalehika:

Ingredients: Powders of *kaṭphala*, *puṣkaramūla*, *śṛingī* and pepper.

Process of Drug-Making: The above ingredients are taken together in measurement of one gram each and treated with honey to make a confection.

Therapeutic benefits: Licking this preparation in doses of 4 gm. removes cough, dyspnoea and bronchial asthma.

(*Gadanigraha*)

अवलेहसेवनकालः–

ऊर्ध्वजत्रुजरोगघ्नी सायं स्यादवलेहिका । अधोरोगहरी या तु सा पूर्वं भोजनान्मता ।।१३१।।

131. Time when a confection should be taken:

As regards the time to consume confection, for the diseases pertaining to upper portion of the body (i.e. mouth, ears, eyes and brain) the medicated confection should be taken in the evening. For the ailments related to the lower parts of the body, it should be taken before lunch.

(Cakradatt)

कफज्वरे पाचनक्वाथः–

मातुलुङ्गशिफाविश्वाब्राह्मीग्रन्थिकसम्भवम् । कफज्वरेऽम्बुसक्षारंपाचनं वा कणादिकम् ।।१३२।।

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132. Pācana Kvātha used to cure the Kapha Jvara:

The *kapha*-fever is cured by the decoction of the bark of roots of *mātulunga*, dried ginger, *brāhmī* and *pippalīmūla*. This decoction should be taken after mixing it in *yavakṣāra*.

(Cakradatt)

सिन्दुवारक्वाथः–

सिन्दुवारदलक्वाथंसोषणं कफजे ज्वरे । जङ्घयोश्च बले क्षीणे कर्णे वा पिहिते पिबेत् ।।१३३।।

133. Sinduvāra Kvātha:

Ingredient: The leaves of *sinduvāra* only.

Process of Drug-Making: The drug is prepared as per the decoction method involving 50 gm. of the leaves.

Method of use/Administration: The decoction of the leaves of *sinduvāra* should be mixed with the powder of pepper (8 gm.) before consuming it.

Therapeutic benefits: In case of the *kapha* fever and connected weakness in thighs and ears, one should take this drug.

(Cakradatt)

सप्तच्छदादिक्वाथः–

सप्तच्छदंगुडूचीञ्चनिम्बंस्फूर्जकमेवच । क्वाथयित्वा पिबेत् क्वाथं सक्षौद्रं कफजे ज्वरे ।।१३४।।

134. Saptacchadādi Kvātha:

Ingredients: *Saptaparṇa* (*saptacchada*), *guḍūcī*, the bark of *neem* and *sphūrjaka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with sugar (about 7 gm.).

Therapeutic benefits: The medicine is useful in case of *kapha* fever.

(Suśruta)

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वासादिक्वाथः–

वासाक्षुद्राऽमृताक्वाथः क्षौद्रेण ज्वरकासहृत् ।।१३५।।

135.Vasādi Kvātha:

Ingredients: *Vāsaka*, small *kañṭakārī* and *guḍūcī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *kāsa* (cough), cold and *kapha* fever is cured by this medicine.

(*Bhāvaprakāśa*)

निम्बादिक्वाथः–

निम्बविश्वामृतादारुशटीभूनिम्बपौष्करम् । पिप्पल्यौबृहतीचेतिक्वाथो हन्ति कफज्वरम् ।।१३६।।

136. Nimbādi Kvātha:

Ingredients: The bark of *neem*, dried ginger, *amṛitā*, *devadāru*, *karcūra*, *kirātatikta*, *puṣkaramūla* and large *kañṭakarī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving the above herbs in measurements of 50 gm. and water measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: *Kapha* fever is treated effectively with this decoction.

(Cakradatt)

मरिचादिक्वाथः–

मरिचंपिप्पलीमूलंनागरं कारवी कणा । चित्रकं कट्फलं कुष्ठं ससुगन्धि वचा शिवा ।।१३७।।
कण्टकारीजटा शृङ्गी यमानी पिचुमर्दकः । एषां क्वाथो हरत्येव ज्वरं सोपद्रवं कफम् ।।१३८।।

137-138. Maricādi Kvātha:

Ingredients: *Marica*, *pippalīmūla*, *nāgar*, *kāravī*, pepper, roots of *citraka*, *kaṭphala*, *kuṣṭha*, *sugandhabālā*, *vacā*, *harītakī*, small *kañṭakārī*, *jaṭāmānsī*, *śṛingī*, caraway and the barks of *neem*.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *kapha* fever and connected ailments are very effectively treated by the drug.

(*Bhāvaprakāśa*)

त्रिफलादिक्वाथः–

त्रिफलापटोलवासाछिन्नरुहातिक्तरोहिणीचषड्ग्रन्था
मधुना श्लेष्मसमुत्थे दशमूलीवासकस्य वा क्वाथः ।।१३९।।

139.Tṛiphalādi Kvātha:

Ingredients: *Harītakī*, *āmalakī* and *vibhītaka*, leaves of *paṭola*, *vāsakà*, and *guḍūcī*, *kuṭakī* and *vacā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with honey

Therapeutic benefits: The medicine is effective in cases of indigestion related to *kapha* fever.

Alternatively, the decoction of the *daśamūla* and *vakāsa* should be taken with honey. (The *daśamūla* or the great 10 roots include the following: *śālaparṇī*, *pṛiśniparṇī*, *vṛihatī*, *kañṭakārīkā*, *gokṣura*, *bilva*, *agnimantha śyonāk*, *kāśmarī*, and *paṭola*.)

मुस्तादिक्वाथः–

मुस्तवत्सकबीजानि त्रिफला कटुरोहिणी । परूषकाणि च क्वाथः कफज्वरविनाशनः ।।१४०।।

140. Mustādi Kvātha:

Ingredients: *Mustā*, *indrayava*, *tṛiphalā* (*i.e. āmalakī*, *harītakī* and *vibhītaka*), *kaṭukī* and *paruśa*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

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Therapeutic benefits: The *kapha* fever is reduced by this drug.

(Cakradatt)

कटुत्रिकादिक्वाथः–

कटुत्रिकं नागपुष्पं हरिद्रा कटुरोहिणी । कौटजं च फलं हन्यात् सेव्यमानं कफज्वरम् ।।१४१।।

141. Kaṭutṛikādi Kvātha:

Ingredients: Dried ginger, pepper, *mrica*, *nāgakeśara*, *haridrā*, *kaṭukī* and *indrayava*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *kapha* fever is cured by the drug.

(*Gadanigraha*)

पिप्पल्यादिगणक्वाथः–

पिप्पली पिप्पलीमूलं मरिचं गजपिप्पली । नागरं चित्रकं चव्यं रेणुकैलाऽजमोदिका ।।१४२।।
सर्षपो हिङ्गु भार्गी च पाठेन्द्रयवजीरकाः । महानिम्बवचा मूर्वा विषा तिक्ता विडङ्गकम् ।।१४३।।
पिप्पल्यादिगणो ह्येष कफमारुतनाशनः । गुल्मशूलज्वरहरो दीपनस्त्वामपाचनः ।।१४४।।

142-144. Pippalyādi gaṇa Kvātha:

Ingredients: The *Pippalyādi* group of herbs as suggested by Suśruta. (It includes these herbs: pepper, *pippalīmūla*, *marica*, *gajapippalī*, dried ginger, *citraka*, *cavya*, *hareṇukā*, cardamom, caraway, mustard seeds, asafoetida, *bhārgī*, *pāṭala*, *indrayava*, cumin seeds, barks of *mahānimba*, *vacā*, *mūrvā*, *ativiṣa*, *kaṭukī* and *vāyaviḍanga*).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: the decoction is an effective cure of the *kapha* fever, colic pain as well as *gulma*.

(Cakradatt)

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सारिवाऽऽदिक्वाथः–

सारिवाऽतिविषाकुष्ठैःपुराख्यैःसदुरालभैः।मुस्तेनचकृतःक्वाथःपीतोहन्यात्कफज्वरम् ।।१४५।।

145. Śārivādi Kvātha:

Ingredients: *Śārivā (anantamūla)*, *ativiṣā*, *kuṣṭha*, *guggulu*, *durālabhā* and *mustā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This drug cures the *kapha* fever.

(Suśruta)

आमलक्यादिक्वाथः–

आमलक्यभया कृष्णा चित्रकश्चेत्ययं गणः । सर्वज्वरकफातङ्कभेदी दीपनपाचनः ।।१४६।।

146. Amalakyādi Kvātha:

Ingredients: *Āmalakī*, *harītakī*, pepper and *citraka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The *kapha* fever is treated with this preparation. It is also capable to increase appetite and digestion.

(Cakradatt)

हारिद्रादिक्वाथः–

हारिद्रां चित्रकं निम्बमुशीरातिविषे वचाम् ।
कुष्ठमिन्द्रयवान् मूर्वां पटोलञ्चापि साधिताम् । पिबेन्मरिचसंयुक्तं सक्षौद्रं कफजे ज्वरे ।।१४७।।

147. Haridrādi Kvātha:

Ingredients: Turmeric (*Haridrā*), *citraka*, barks of *neem*, *uśīra*, *ativiṣa*, *vacā*, *kuṣṭha*, *indrayava*, *mūrvā* and the leaves *paṭola*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each and water measuring 16 times greater.

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Method of use/Administration: The decoction is taken in doses of 50 ml. along with powder of *marica* and honey.

Therapeutic benefits: This is a treatment of *kapha* fever.

(Suśruta)

अभयादिक्वाथः–

अभयाऽऽमलकी कृष्णा षड्ग्रन्था चित्रकस्तथा । मलभेदी कफातङ्कज्वरनाशनदीपनः ।।१४८।।

148. Abhyādi Kvātha:

Ingredients: *Abhayā*, *āmalakī*, *kṛiṣṇā*, *harītakī*, *vacā* and *citraka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The *kapha* fever, constipation and loss of appetite are cured by this drug.

(*Bṛ.Ni.Ratn*)

व्याघ्र्यादिक्वाथः–

व्याघ्रीसिंहीतथालोध्रंकुष्ठंचैव पटोलकम् । ज्वरे कफात्मके चैतत् पाचनं स्यात्तदुत्तमम् ।।१४९।।

149. Vyāghryādi Kvātha:

Ingredients: *Vyāghrī*, *sinhī*, *lodhra*, *kuṣṭha* and leaves of *paṭola*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: It cures the *kapha* fever and promotes digestion.

पटोलत्रिफलातिक्ताशटीवासाऽमृताभवः । क्वाथोमधुयुतःपीतोहन्यात् कफकृतं ज्वरम् ।।१५०।।

150. Paṭolādi Kvātha:

Ingredients: Leaves of *paṭola*, large *harītakī*, *āmalakī*, *vibhītaka*, *kaṭukī*, *karcūra*, *aḍuṣā* and *guḍūcī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

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Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml. along with honey.

Therapeutic benefits: It cures the *kapha* fever effectively.

(*Bṛ.Ni.Ratn.*)

भूनिम्बनिम्बपिप्पल्यःशटीशुण्ठीशतावरी । गुडूचीबृहतीचेतिक्वाथो हन्यात् कफज्वरम् ।।१५१।।

151. Bhūnimbādi Kvātha:

Ingredients: *Kirātatikta*, bark of *neem*, pepper, *karcūra*, dried ginger, *śatāvarī*, *guḍūcī* and *vṛihatī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml. along with honey.

Therapeutic benefits: It cures the *kapha* fever effectively.

कुष्ठादिक्वाथः–

कुष्ठमिन्द्रयवं मूर्वां पटोलं चापि साधितम् । पिवेन्मरिचसंयुक्तं सक्षौद्रं श्लैष्मिके ज्वरे ।।१५२।।

152. Kuṣṭhādi Kvātha:

Ingredients: *Kuṣṭha*, *indrayava*, *mūrvā* and the leaves of *paṭola*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml. mixing pepper powder and honey.

Therapeutic benefits: The decoction should be given to the patient of *kapha* fever.

(Cakradatt)

वातपित्तज्वरे ।

Treatment of Vātapitta fevers:

The fever accompanied with rigors and having the period of abatement and exacerbation without coming down to normalcy is known as *vāta* fever. High temperature accompanied with diarrhoea, vomiting, bitter taste in the mouth,

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thirst, boils on lips, nose, mouth and throat, delirium, fainting and unconsciousness are the signs and symptoms of *pitta* fevers.

चन्दनादिक्वाथः–

चन्दनलोध्रपरूषकयष्टी-गोपसुताम्बुजकेशरयुक्तम् ।
तोयमिदं ससितं विनिहन्ति मारुतपित्तकृतं ज्वरमाशु ।।१५३।।

153.Candanādi Kvātha:

Ingredients: Red sandalwood, *lodhra* barks of *paruṣaka*, *yaṣṭī*, *anantamūla*, *kamalakeśara*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with powdered sugar candy.

Therapeutic benefits: The *vātapitta* fever is removed fast by this preparation.

भार्ग्यादिक्वाथः–

भार्गीगुडूचीघनदारुसिंहीशुण्ठीकणापुष्करजः कषायः ।
ज्वरंनिहन्ति श्वसनं क्षिणोति क्षुधां करोत्याशु रुचिं तनोति ।।१५४।।

154.Bhargyādi Kvātha:

Ingredients: *Bhārgī*, *guḍūcī*, *ghana* (*nāgaramustā*), *devadāru*, *sinhī*, dried ginger, *pippalī* and *puṣkaramūla*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction removes fever and checks breathing troubles as well. This preparation is a great appetizer and stomachiac.

(*Bṛ.Ni.Ratn.*)

किरातादिक्वाथः–

किराततिक्तममृतांद्राक्षामामलकंशटीम् । निष्क्वाथ्य सगुडं क्वाथं वातपित्तज्वरे पिवेत् ।।१५५।।

155. Kirātādi Kvātha:

Ingredients: *Kirātatikta*, *amṛitā*, raisin fruits, *amlakī* and *śaṭī*.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is used to cure cases of fever caused by the vitiated *vāta* and *pitta*.

(Cakradatt)

गुडूच्यादिक्वाथः–

गुडूचीनिम्बधन्याकं पद्मकं रक्तचन्दनम् ।
एष सर्वज्वरान् हन्ति गुडूच्यादिस्तु दीपनः । हृल्लासारोचकच्छर्द्दिपिपासादाहनाशनः ।।१५६।।

156.Guḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, *nimba* (bark), coriander seeds, *padmaka* and red sandalwood.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: All kinds of fever are cured by this preparation. It is also capable to treat indigestion, vomitting tendencies, loss of appetite, thirst and high temperature as well.

(Cakradatt)

नवाङ्गक्वाथः–

विश्वामृताऽब्दभूनिम्बैःपञ्चमूलीसमन्वितैः । कृतःकषायो हन्त्याशु वातपित्तोद्भवं ज्वरम् ।।१५७।।

157. Navānga Kvātha:

Ingredients: Dried ginger, *amṛitā*, *mustaka*, *kirātatikta* and the great five small roots (i.e. the *laghu pañcamūla* including the *śālaparṇī*, *pṛiśniparṇī*, *vṛihatī*, *kaṇṭakārī* and *gokṣura*).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction removes *vātapitta* fever speedily.

(Cakradatt)

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बृहद्गुडूच्यादिक्वाथः–

गुडूची चन्दनं पद्मं नागरेन्द्रयवासकम् । अभयाऽऽरग्वधोदीच्यपाठाधान्याब्दरोहिणी ।।१५८।।
कषायं पाययेदेतत् पिप्पलीचूर्णसंयुतम् ।
कासश्वासज्वरान् हन्ति पिपासादाहनाशनः । विण्मूत्रानिलविष्टम्भे त्रिदोषप्रभवेऽपि च ।।१५९।।

158-159. Guḍūcyādi Kvātha (Bṛihat):

Ingredients: *Guḍūcī*, *candana*, *padma*, *nāgara*, *indrayava*, *yavāsā*, *abhayā*, seed pulp of *āragvadha*, *netrabālā*, *pāṭhā*, *dhānyaka*, *mustā* and *kaṭuka rohiṇī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with pepper powder.

Therapeutic benefits: This preparation removes such ailments as cough (*kāsa*), fever, thirst and high temperature. It also treats well the fever associated with disturbed digestion, motion of urine and wind.

मुस्तादिक्वाथः–

मुस्तकपर्पटकोत्पल-किरातकोशीरचन्दनात् कर्षः ।
शर्करया च दीयते वातपित्तज्वरे बहु दृष्टफलः ।।१६०।।

160. Mustādi Kvātha:

Ingredients: *Mustaka*, *parpaṭaka*, *utapala*, *kirātatikta*, *uśīra* water and red sandalwood.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with jaggery.

Therapeutic benefits: This decoction is effective in checking the fevers dominated by *vāta* and *pitta*.

घनचन्दनादिक्वाथः–

घनचन्दनपर्पटकं कटुकं समृणालपटोलदलं सजलम् ।
शृतशीतशितायुतपित्तहरंज्वरछर्दितृषारुचिदाहहरम् ।।१६१।।

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161. Ghanacandanādi Kvātha:

Ingredients: *Ghana* (*mustā*), red sandalwood, *parpaṭaka*, *kaṭukī*, *uśīra*,leaves of *paṭola* and *sugandhabālā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with sugar.

Therapeutie benefits: It is an effective medicine for the *pitta*-generated fever, vitiated *pitta*, vomitting tendencies, excessive thirst, anorexia and burning sensation.

पञ्चभद्रक्वाथः–

गुडूची पर्पटं मुस्तं किरातं विश्वभेषजम् । वातपित्तज्वरे देयं पञ्चभद्रमिदं शुभम् ।।१६२।।

162. Pañcabhadra Kvātha:

Ingredients: *Guḍūcī*, *parpaṭaka*, *mustā*, *kirātatikta* and dried ginger.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is very helpful for *vātapitta* type of fever. This decoction is known as *Pañchabhadra Kvātha*.

(Cakradatt)

त्रिफलादिक्वाथः–

त्रिफलाशाल्मलीरास्नाराजवृक्षाटरूषकैः । शृतमम्बु हरत्याशु वातपित्तोद्भवं ज्वरम् ।।१६३।।

163. Tṛiphalādi Kvātha:

Ingredients: *Tṛiphalā* herbs (*harītakī*, *vibhītaka*, and *amalakī*), the bark of the roots of *śālmalī* tree, *rāsnā*, pulp of *rājavṛikṣa* fruit and *aḍuṣā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is another medicine for the *vātapitta* fever.

(Cakradatt)

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निदिग्धिकादिक्वाथः–

निदिग्धिकाबलारास्नात्रायमाणाऽमृतायुतैः । मसूरविदलैः क्वाथो वातपित्तज्वरं हरेत् ।।१६४।।

164. Nidigdhikādi Kvātha:

Ingredients: *Nidigdha* (*kañṭakārī*), *balā*, *rāsnā*, *trāyamāṇā*, *amṛitā*, pulse of lentil or black variety of *niśotha*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is another useful medicine for the *vātapitta* fever.

(Cakradatt)

बृहत्किरातादिक्वाथः–

किराततिक्तामलकीशटीनांद्राक्षोषणानागरकामृतानाम् ।
क्वाथः सुशीतो गुडसंयुतः स्यात्, सपित्तवातज्वरनाशहेतुः ।।१६५।।

165. Bṛihatkirātādi Kvātha:

Ingredients: *Kirātatikta*, *āmalakī*, *śaṭī*, *drākṣā*, pepper, dried ginger and *amṛitā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with raw sugar.

Therapeutic benefits: The decoction is useful in case of *vāta pitta* fever.

(Hārīta)

मधुकादिशीतकषायः–

मधुकंसारिवे द्राक्षां मधूकं चन्दनोत्पलम् । काश्मरीं पद्मकं लोध्रं त्रिफलां पद्मकेशरम् ।।१६६।।
परूषकं मृणालं च न्यसेदुत्तमवारिणि । मधुलाजसितायुक्तं तत्पीतमुषितं निशि ।।१६७।।
वातपित्तज्वरं दाहतृष्णामूर्च्छाविभ्रमान् । संहरेद्रक्तपित्तञ्च जीमूतानिव मारुतः ।।१६८।।

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166-168. Madhukādi śīta Kāṣāya:

Ingredients: *Madhuka*, *śveta sārivā*, *kṛiṣṇa sārivā*, *drākṣā*, *madhuka*, red sandalwood, *nīlakamala*, *gambhārī* (barks), *padmaka*, *lodhra*, the *tṛiphalā* herbs, *kamalakeśara*, *paruṣaka*, water and *uśīra*.

Process of Drug-Making: Pulverize all these ingredients (taken in quantity of 50 gm. each) thoroughly and soak them overnight into clean water kept in an earthen pot. The following morning, macerate the herbs properly and strain the liquid.

Method of use/Administration: This preparation is to be taken in doses of 50 ml. along with honey, *lājā* and sugar candy.

Therapeutic benefits: This is an effective remedy for *vātapitta* type of *jvara*, high fever, excessive thirst, fainting, vomiting, giddiness and *raktapitta*. The medicine is as effective as the swift wind is, in dispelling the clouds of sky.

Note – Some scholars suggest use of the rice-washings (*taṇḍulodaka*) in place of clean water above.

(Cakradatt)

निदिग्धिकादिक्वाथः–

निदिग्धिकानागरकामृतानांक्वाथं पिबेन्मिश्रितपिप्पलीकम् ।
जीर्णज्वरारोचककासशूलश्वासाग्निमान्द्यानिलपित्तजेषु ।।१६९।।

169. Nidigdhikādi Kvātha:

Ingredients: *Nidigdhika*, dried ginger and *amṛitā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with pepper powder (2 gm.)

Therapeutic benefits: It serves as an effective medicine to check cases of chronic fever, anorexia, *kāsa* (coughs), colic pain, bronchitis and loss of digestive power and the like.

(Cakradatt)

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अथ पित्तश्लेष्मज्वरे ।

Prescriptions for Pittaśleṣma Fevers:

पटोलादिक्वाथः–

पटोलयवधन्याकं मुद्गामलकचन्दनम् । पैत्तिके श्लेष्मपित्तोत्थे ज्वरे तृट्छर्दिदाहनत् ।।१७०।।

170. Paṭolādi Kvātha:

Ingredients: *Paṭola*, *yava*, *dhānyaka*, *mudga*, *āmalak* and *candana*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction cures morbid thirst and vomitting in *paittika* and *śleṣma-paittika* types of fever.

(Vangasen)

कण्टकार्यादिक्वाथः–

कण्टकार्यमृताभार्गीनागरेन्द्रयवासकम् । भूनिम्बं चन्दनं मुस्तं पटोलं कटुरोहिणी ।।१७१।।
कषायं पाययेदेतं पित्तश्लेष्मज्वरापहम् । दाहतृष्णाऽरुचिच्छर्दिकासहृत्पार्श्वशूलनुत् ।।१७२।।

171-172. Kañṭakāryādi Kvātha:

Ingredients: *Kañṭakārī*, *amṛitā*, *bhārgī*, *nāgara*, *indrayava*, *vāsaka*, *bhūnimba*, *candana*, *mustā*, *paṭola* and *kaṭu rohiṇī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: It is administered for the cure of fever caused by the simultaneous vitiation of *pitta* and *kapha*. It also checks burning sensation, thirst, anorexia, vomiting, bronchitis and pain in the cardiac region and in cases of pleurisy.

(Cakradatt)

नागरादिक्वाथः–

नागरोशीरबिल्वाब्दधान्यमोचरसाम्बुभिः । कृतःक्वाथोभवेद्ग्राही पित्तश्लेष्मज्वरापहः ।।१७३।।

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173. Nāgarādi Kvātha:

Ingredients: Dried ginger, *uśīra*, bark of the *bilva* tree, coriander seeds, *mocarasa* and *sugandhbālā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is very useful in checking the fever caused due to *pīta* and *kapha*. It is also *grāhī* in effect.

(*Bhāvaprakāśa*)

पटोलादिक्वाथः–

पटोलंपिचुमर्दश्चत्रिफला मधुकं बला । साधितोऽयं कषायःस्यात् पित्तश्लेष्मोद्भवे ज्वरे ।।१७४।।

174. Paṭolādi Kvātha:

Ingredients: Leaves of *paṭola*, bark of *neem* tree, the *triphalā*, the *madhuka* and *balā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is also helpful in checking the fever caused due to *pitta* and *kapha*.

(Cakradatt)

पटोलादिक्वाथः–

पटोलं चन्दनं मूर्वा तिक्ता पाठाऽमृता गणः । पित्तश्लेष्मज्वरच्छर्दिदाहकण्डूविषापहः ।।१७५।।

175. Paṭolādi Kvātha (Second Recipe):

Ingredients: *Paṭola*, *candana*, *mūrvā*, *tikta*, *pāṭhā*, and *amṛita*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: It cures fever caused by the simultaneous vitiation of *pitta* and *kapha*, vomiting, burning syndrome, itching and poisoning.

(Cakradatt)

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पञ्चतिक्तक्वाथः–

क्षुद्रामृताभ्यां सह नागरेण सपौष्करञ्चैव किराततिक्तम् ।
पिवेत्कषायन्त्विह पञ्चतिक्तं ज्वरं निहन्त्यष्टविधं समग्रम् ।।१७६।।

176. Pañcatikta Kvātha:

Ingredients: *Kṣudra, amṛitā, nāgara, puṣkaramūla* and *kirātatikta.*

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction cures all the eight varieties of fever.

(Cakradatt)

कटुरोहिणीचूर्णम्–

सशर्करामक्षमात्रां कटुकामुष्णवारिणा । पीत्वा ज्वरं जयेज्जन्तुः कफपित्तसमुद्भवम् ।।१७७।।

177. Kaṭurohiṇī Cūrṇam:

Ingredients: *Kaṭukī* and jaggery.

Process of Drug-Making: The drug is prepared by pounding the ingredients (10 gm. each) into powder.

Method of use/Administration: The powder is taken along with warm water.

Therapeutic benefits: The powder helps to decrease fever caused due to *kapha* and *pitta.*

(Cakradatt)

चातुर्भद्रकपाठासप्तकयोः क्वाथौ–

किरातं नागरं मुस्तं गुडूचीञ्च कफाधिके । पाठोदीच्यमृणालैस्तु सह पित्ताधिके पिवेत् ।।१७८।।

178. Cāturbhadrakapāṭhā saptakyo Kvātha:

The decoction of *kirātatikta*, dried ginger, *mustā* and *guḍūcī* (each taken in measure of 50 gm.) should be consumed when the fever is caused due to *kapha* and the decoction of *pāṭhā*, *sugandhbālā* and *uśīra* should be taken when the fever is caused due to *pitta.*

(Cakradatt)

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वासास्वरसः–

सपत्रपुष्पवासाया रसः क्षौद्रसितायुतः । कफपित्तज्वरं हन्ति सासृक्पित्तं सकामलम् ।।१७९।।

179. Vāsā Savarasa:

Ingredients: *Vāsā* along with its leaves and flowers.

Method of use/Administration: The juice is taken along with honey and sugar in doses of 12 ml.

Therapeutic benefits: It cures aggravated *kapha* and *pitta*, fever, vomitting and jaundice.

(Cakradatt)

अमृताष्टकः–

अमृतेन्द्रयवारिष्टपटोलं कटुरोहिणी । नागरं चन्दनं मुस्तं पिप्पलीचूर्णसंयुतम् ।।१८०।।
अमृताष्टक इत्येष पित्तश्लेष्मज्वरापहः । हृल्लासारेचकच्छर्दिपिपासादाहनाशनः ।।१८१।।

180-181. Amṛitāṣṭaka Kvātha:

Ingredients: *Amṛitā*, *indrayava*, *ariṣṭa*, *paṭola*, *kaṭurohiṇī*, *nāgara*, *candana* and *mustā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with pepper powder (2 to 4 gm.).

Therapeutic benefits: It cures fever caused by the simultaneous vitiation of *pitta* and *kapha*. It also cures asthma, anorexia, vomiting, thirst and burning sensation.

(Cakradatt)

भार्ग्यादिक्वाथः–

भार्गीविचापर्पटकधान्यहिङ्ग्वभयाघनैः । काश्मर्यनागरैः क्वाथः सक्षौद्रः श्लेष्मपित्तजे ।।१८२।।

182. Bhārgyādi Kvātha:

Ingredients: *Bhārgī*, *vacā*, *parpaṭaka*, coriander seeds, asafoetida, bigger *haraḍa*, *nāgaramustā*, *kāśmarya* and dried ginger.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

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Method of use/Administration: The decoction is taken in doses of 50 ml. along with honey.

Therapeutic benefits: This gives relief from *pittaśleṣma* fever.

(Suśruta)

भद्रमुस्तादिक्वाथः–

भद्रमुस्तानागरंवागुडूच्यामलकाह्वयम् । पाठामृणालोदीच्योत्थः क्वाथः पित्तज्वरे कफे ।।१८३।।

183. Bhadramustādi Kvātha:

Ingredients: *Bhadramustā*, dried ginger, *guḍūcī*, *āmalakī*, *pāṭala*, *mṛiṇāla*, and *udīcya*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: It cures *pittaśleṣma* fever.

द्राक्षादिक्वाथः–

द्राक्षाऽमृतावासकरिष्टकानां भूनिम्बतिक्तेन्द्रयवाः पटोलम् ।
मुस्ता सभार्गी क्वथितः कषायःश्लेष्मज्वरं पित्तयुतं निहन्ति ।।१८४।।

184. Drākṣādi Kvātha:

Ingredients: *Drākṣā*, *guḍūcī*, leaves of *aḍuṣā*, bark of *neem*, *kirātatikta*, *kaṭukī*, *indrayava*, leaves of *paṭola*, *bhadramustā* and *bhārgī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction helps in curing *pittaśleṣma* fever.

(Hārīta)

बृहदगुडूच्यादिक्वाथः–

गुडूचिकानिम्बकवासकञ्च शटी किरातं मगधाबृहत्यौ ।
दार्वी पटोलं क्वथितं कषायः पिबेन्नरः पित्त कफे ज्वरे च ।।१८५।।

185. BṛihadGuḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, bark of *neem*, leaves of *aḍuṣā*, *karcūra*, *kirātatikta*, pepper, lesser and bigger varieties of *vṛihatī*, *dāruharidrā* and leaves of *paṭola*.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is helpful in curing *pittaśleṣma* fever.

(Hārīta)

अथ वातश्लेष्मज्वरे ।

स्वेदप्रक्रिया–

कफवातज्वरे स्वेदान् कारयेद्गूक्षनिर्मितान् ।
स्त्रोतसांमार्दवं कृत्वा नीत्वा पावकमाशयम् । हृत्वा वातकफस्तम्भं स्वेदो ज्वरमपोहति ।।१८६।।

Treatment of the Vātaśleṣma type of fevers

186. Svedana (fomentation) Therapy:

In the fever caused by the simultaneous vitiation of *kapha* and *vāta*, *svedana* (fomentation therapy), according to the prescribed procedure, should be administered. One can use the husk of paddy, *tuṣa* and heated stone pieces for this purpose. This type of dry (*rūkṣa*) *svedana* (fomentation) softens the channels of the body (like the pores of hair) that pass out the dirtied fluids of the body. It restores the digestive juices to its proper places and thus removes the constipation caused due to vitiated *vāta* and *kapha*. Thus fever is cured.

(Cakradatt)

वालुकास्वेदः–

खर्परभृष्टपटस्थितकाञ्जिकसिक्तो हि वालुकास्वेदः ।
शमयति वातकफामयमस्तकशूलाङ्गभङ्गादीन् ।।१८७।।
वीक्ष्य स्वेदविधिंकुर्यात् स्वेदनं वालुकादिभिः । सर्वाङ्गे यदि वा यत्र वेदना सम्प्रजायते ।।१८८।।

187-188. Vāluka Sveda:

Sand should be roasted over a piece of earthen pot. This should be packed into a thick piece of cloth. The pack should be soaked into *kānji* for a little movement and used for fomenting different limbs of the patient. This therapy is called as *Vāluka Sveda* or *Bālukā Sveda*. It cures the disease caused by the aggravation of *vāyu* and *kapha*. It also cures piercing and breaking types of pain in the head. Before applying this therapy one must check the pack as well as parts of the body to be applied over.

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Note- While performing this therapy one should take proper care of the soft parts of body including eyes, heart and the like.

(Cakradatt)

स्वेदनकालावधिमाह–

शीतशूलव्युपरमे स्तम्भगौरवनिग्रहे । संजातमार्दवे स्वेदे स्वेदनाद्विरतिर्मता ।।१८९।।

189. One should stop the *svedana* method of treatment, when the coldness inside body gets removed and when pain due to *vāta* gets relieved. Also, when the body looses heaviness and inflexibility caused due to disordered *vāyu* and *kapha doṣas*. The other characteristics are that when the body's vital channels get softened and the body starts sweating.

(Caraka)

स्वेदविधानम्–

आमज्वरेवातबलासजेवाकफोत्थितेमारुतसम्भवेवा ।
त्रिदोषजेस्वेदमुदाहरन्तिस्तम्भप्रमोहाङ्गरुजाप्रशान्त्यै ।।१९०।।

190. *Svedana* therapy can be performed when the patient suffers from *āmajvara*, fevers caused due *āmavāta*, fever due to *vāta* and *kapha* and *sannipātik* fever. It can also be performed to get relief from disorders like inflexibility of body, fainting and related pains.

Note: When the body is properly treated with *svedana* therapy the digestive power of the body is promoted. It relieves inflexibility and purifies body. It also promotes appetite and softens vital body channels. It also helps in getting rid of sleeping tendency, excessive sleeping and stiffness around body joints.

(Caraka)

पिप्पलीक्वाथः–

पिप्पलीभिःश्रृतं तोयमनभिष्यन्दि दीपनम् । वातश्लेष्मविकारघ्नं प्लीहज्वरविनाशनम् ।।१९१।।

191. Pippalī Kvātha:

Ingredients: *Pippalī* (fruits) only.

Process of Drug-Making: The drug is prepared as per the decoction method involving the ingredient measuring 50 gm.

Method of use/Administration: The decoction is taken in doses of 50 ml.

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Therapeutic benefits: The decoction acts as stomachic and it produces *abhiṣyandi* effect. It checks disordered *vāta* and *kapha*, and alleviates *plīhāvṛiddhi* (enlargement of the spleen) and fever.

(Cakradatt)

मुस्तादिक्वाथः–

मुस्तनागरभूनिम्बं त्रयमेतन्त्रिकार्षिकम् । कफवातामशमनं पाचनं ज्वरनाशनम् ।।१९२।।

192. Mustādi Kvātha:

Ingredients: *Musta* (root), dried ginger and *bhūnimba*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 12 gm. each and water measuring 16 times greater.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction checks fever generated by disordered *kapha*. It is a stomachic and anti pyretic recipe.

(Cakradatt)

पञ्चकोलक्वाथः–

पिप्पली पिप्पलीमूलं चव्यचित्रकनागरम् । दीपनीयः श्रृतो वर्गः कफानिलगदापहः ।।१९३।।

193. Pañcakola Kvātha:

Ingredients: *Pañcakola* herbs comprising *pippalī*, *pippalīmūla*, *cavya*, *citraka* and dried ginger (*śuṇṭhī*).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 6 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is prescribed to alleviate ailments caused by *vāta* and *kapha*; it promotes appetite and alleviates *jvara*.

(Cakradatt)

निम्बादिक्वाथः–

निम्बामृताविश्वदारुकट्फलं कटुका वचा ।
कषायं पाययेदाशु वातश्लेष्मज्वरापहम् । पर्वभिदशिरःशूलकासारोचकपीडितम् ।।१९४।।

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194. Nimbādi Kvātha:

Ingredients: Bark of *neem*, *amṛitā*, dried ginger, *devadāru*, *kaṭphala*, *kaṭukī* and *vacā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is beneficial in getting relief from *vātakapha* fever, pain in joints, headache, *kāsa* (coughs) and anorexia.

(Vangasen)

क्षुद्राऽऽदिक्वाथः–

क्षुद्राऽमृतानागरपुष्कराह्वयैः कृतः कषायः कफमारुतोत्तरे ।
सश्वासकासारुचिपार्श्वरुक्करेज्वरे त्रिदोषप्रभवेऽपि शस्यते ।।१९५।।

195. Kṣudrādi Kvātha:

Ingredients: *Kṣudrā*, *amṛitā*, *nāgara* and *puṣkaramūla*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction cures fever caused by the simultaneous vitiation of *kapha* and *vāyu* associated with asthma, bronchitis, anorexia, pain in cases of pleurisy, and the fever caused by the simultaneous vitiation of all the three *doṣas*.

(Cakradatt)

रास्नादिक्वाथः–

रास्नाद्राक्षावचा पथ्या यमानी मधुयष्टिका । मधूरिकेन्द्रबीजश्च तिक्ता विश्वं गुडूचिका ।।१९६।।
द्विमाषमेषां प्रत्येकं ग्राहयेत् कुशलो भिषक् । पचेदष्टपले तोये ग्राह्यं पादावशेषितम् ।।१९७।।
शीतेच मधुनश्चात्र पलार्धं प्रक्षिपेत् सुधीः । मुहुर्दण्डान्तरैः पानाज्ज्वरो याति न संशयः ।।१९८।।

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196-198. Rāsnādi Kvātha:

Ingredients: *Rāsnā* (root), *drākṣā* (fruit), *vacā* (root), *harītakī* (fruit), *yavānī* (fruits), *yaṣṭimadhu* (root), *madhurikā* (fruits), *indrayava* (seeds), *kaṭuka* (root), dried ginger (*śunṭhī*) water and *guḍūcī* (stem).

Process of Drug-Making: Obtain 50 gm. measure each of the following drugs: *rāsnā* (root), *drākṣā* (fruit), *vāsa* (root), *harītakī* (fruit), *yavānī* (fruits), *yaṣṭimadhu* (root), *madhurikā* (fruits), *indrayava* (seeds), *kaṭuka* (root), dried ginger (*śunṭhī*) and *guḍūcī* (stem). Decoct them in water measuring 384 ml. till the original quantity is reduced to a one fourth.

Method of use/Administration: When the decoction gets cooled down add to it honey measuring 24 ml. It should be given repeatedly at intervals of one *danḍa* (roughly one hour).

Therapeutic benefits: It alleviates fever.

आरग्वधादिक्वाथः–

आरग्वधग्रन्थिकमुस्ततिक्ताहरीतकीभिः क्वथितः कषायः ।
सामे सशूले कफवातयुक्ते ज्वरे हितो दीपनपाचनश्च ।।१९९।।

199. Āragvadhādi Kvātha

Ingredients: The pulp of *āragvadha* (pod), *pippalīmūla*, *mustaka* (root), *kaṭuka* (root) and *harītakī* (fruit coat).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction alleviates fever associated with the digestion problems (*āmadoṣa*) and colic pain (*śūla*) and fever caused by *vāta* and *kapha doṣas*. It restores the indisposed digestive juices (*āma*) and promotes the digestive power.

(Cakradatt)

त्रिफलादिक्वाथः–

त्रिफलात्रायमाणा च मृद्वीका कटुरोहिणी । वातश्लेष्महरस्त्वेष कषायो ह्यानुलोमिकः ।।२००।।

200. Triphalādi Kvātha:

Ingredients: Bigger *haraḍa*, *āmalakī*, *vibhītaka*, *trāyamāṇā*, grapes and *kaṭukī*.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is very useful in curing fever caused by vitiated *vāta* and *kapha* and have a *anulomana* (carminative) effect on *vāta*.

(Caraka)

मुस्तकादिक्वाथ–

मुस्ता गुडूची सह नागरेण वासाजलं पर्पटकं च पथ्या ।
क्षुद्रा चदुःस्पर्शयुतःकषायः पाने हितोवातकफज्वरेस्ति ।।२०१।।

201. Mustakādi Kvātha:

Ingredients: *Mustaka*, *guḍūcī*, dried ginger (*nāgara*), *vāsā*, *sugandhabālā*, *parpaṭaka*, *harītakī*, *kañṭakārī* and *dhānvyāsa*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction alleviates fever caused by *vāta* and *kapha doṣa* (*doṣas*). It also checks the disordered *vāta*.

(Hārīta)

दशमूलीक्वाथः–

दशमूलीरसःपेयःकणायुक्तः कफानिले । अविपाकेऽतितन्द्रायां पार्श्वरुक्श्वासकासके ।।२०२।।

202.Daśamūlī Kvātha:

Ingredients: *Daśamūla* (*śāli parṇī*, *priśniparṇī*, bigger and lesser varieties of *kañṭakārī*, *gokṣura*, *bilva*, *araṇī*, *śyoṇāka*, *gambhārī* and *pāṭala*).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each and finally treated with pepper powder.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction serves as effective medicine in treating indisposed digestive system caused by aggravation of *kapha* and *vāta*, excessive

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drowsiness (*tandrā*), chest pain, cough (*kāsa*) and fever associated with these complications.

(Cakradatt)

दार्वादिक्वाथः–

दारुपर्पटभार्ग्यब्दवचाधान्यककट्फलैः । साभयाविश्वपूतीकैः क्वाथो हिङ्गुमधूत्कटः ।।२०३।।
कफवातज्वरे पीतो हिक्काशोषगलग्रहान् । श्वासकासप्रसेकांश्च हन्यात्तरुमिवाशनिः ।।२०४।।

203-204 Dārvādi Kvātha:

Ingredients: *Dāru*, *parpaṭa*, *Bhārgī*, *abda*, *vacā*, *dhānyaka*, *kaṭphala*, *abhayā*, *viśvā* (dried ginger) and purified *karañja* seeds.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each and then treated with asafoetida and honey.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction cures fever caused by the simultaneous vitiation of *kapha* and *vāyu*, hiccup, congestion of throat, bronchitis, *kāsa* (coughs), vomitting tendency and salivation. The above mentioned ailments are cured by this decoction as effectively as a tree is destroyed by the thunderbolt.

(Cakradatt)

मुस्तादिक्वाथः–

मुस्तपर्पटदुःस्पर्शगुडूचीविश्वभेषजम् । कफवातारुचिच्छर्दिदाहशोषज्वरापहम् ।।२०५।।

205. Mustādi Kvātha:

Ingredients: *Mustā*, *parpaṭa*, *durālabhā*, *guḍūcī* and dried ginger (*śunṭhī*).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction alleviates fever caused by *vāta* and *kapha*. It is also effective in eliminating *aruci* (anorexia), *chardi* (vomiting), *dāha* (burning sensation) and fever caused by consumption.

(Cakradatt)

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किरातादिक्वाथः–

किरातविश्वामृतवल्लिसिंहीकणाकणामूलरसोनसिन्दुकैः ।
कृतः कषायो विनिहन्ति शीघ्रंज्वरं मरुत्तः सकफात्समुत्थितम् ।।२०६।।

206. Kirātādi Kvātha:

Ingredients: *Kirata*, dried ginger (*viśvā*), *guḍūcī*, *kañṭakārī*, *pippalī*, *pippalīmūla*, garlic and *nirgundī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction alleviates fever produced by *vāta* and *kapha doṣas*.

(*Bhāvaprakāśa*)

बृहत्पिप्पल्यादिक्वाथः–

पिप्पली पिप्पलीमूलं चव्यचित्रकनागरम् । वचासातिविषाऽजाजी पाठावत्सकरेणुकाः ।।२०७।।
किराततिक्तकोमूर्वा सर्षपो मरिचानि च । कट्फलं पुष्करं भार्गी विडङ्गं कर्कटाह्वयम् ।।२०८।।
अर्कमूलं बृहत्सिंही श्रेयसी सदुरालभा । दीप्यकश्चाजमोदा च शुकनासा सहिङ्गुका ।।२०९।।
एतानिसमभागानिगणएकोऽष्टविंशतिः । एषां क्वाथो निपीतः स्याद्वातश्लेष्मज्वरापहः ।।२१०।।
हन्ति वातं तथा शीतं प्रस्वेदमतिवेपथुम् । प्रलापं चातिनिद्रां च रोमहर्षारुची तथा ।।२११।।
महावातेऽपतन्त्रे च शूले च सर्वगात्रजे । पिप्पल्यादिमहाक्वाथो ज्वरे सर्वत्र पूज्यते ।।२१२।।

207-212. Bṛihat Pippalyādi Kvātha:

Ingredients: Take the following herbs in equal parts: *pippalī* (fruits), *pippalīmūla* (roots), *cavya* (roots), *citraka* (roots), dried ginger (*nāagara*), *vacā* (root), *ativiṣā* (root), *ajājī* (black cumin seeds), *pāṭhā* (root), *vatsaka* (bark), *reṇukā* (fruits), *kirātatikta* (plant), *mūrvā* (root), *sarṣapa* (seeds), *marica*, *kaṭphala* (bark), *puṣkaramūla* (root), *bhārgī* (root), *viḍanga* (fruits), *karkataśṛingī* (galls), *arka* (root), *bṛihatī* (root), *simhī*, *rāsnā* (*śreyasī*) (root), *durālabhā* (root), *yavānī* (*dipyaka*) (fruits) *ajamodā* (fruits), *śukanāsa* (*śyoṇāka*) (bark), asafoetida (oboresisn).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

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Therapeutic benefits: The medicine is to be taken to get relief from such indisposition as fever caused by vitiated *vāta* and *kapha doṣas*.

This formulation also checks disordered *vāta*, *śīta* (cold), *prasveda* (sweatening), *vepathu* (cramp), *pralāpa* (delirium), *atinidrā-tandrā* (excessive sleeping), *romaharṣa*, *aruci* (anorexia), *mahāvata*, *apatanntraka* and bodyache (*sarvāngapīḍā*). This formula is beneficial in all types of fever in general.

(*Bhāvaprakāśa*)

अथ सन्निपातज्वरे ।

चिकित्साक्रमः–

लङ्घनं वालुकास्वेदो नस्यं निष्ठीवनन्तथा । अवलेहोऽञ्जनञ्चैव प्राक्प्रयोज्यं त्रिदोषजे ।।२१३।।

213. Line of therapies in sannipātika type of fever

In *sannipātika* type of fever the following categories of therapies should be administered: *langhaṇa* or *langhaṇa* (fasting) therapy; *vāluka sveda* or *svedana* (fomentation) by hot sand; *nasya* or *nasya* (inhalation) therapy; *niṣṭhīvana* or spitting therapy; administration of *avaleha* or confection and the *añjana* therapy.

(Cakradatt)

सन्निपातज्वरे पूर्वं कुर्यादामकफापहम् । पश्चाच्छ्लेष्मणि संक्षीणे शमयेत्पित्तमारुतौ ।।२१४।।

214. The vitiated *āma kapha* should be first treated with fasting (*langhaṇa*), *svedana* (fomentation), *nasya* (inhalation therapy), etc. The measures for pacifying *pitta* and *vāyu* should follow after that.

लङ्घनकालः–

त्रिरात्रं पञ्चरात्रं वा दशरात्रमथापि वा । लङ्घनं सन्निपातेषु कुर्यादारोग्यदर्शनात् ।।२१५।।
दोषाणामेवसा शक्तिर्लङ्घने या सहिष्णुता । न हि दोषक्षये कश्चित् सहते लङ्घनादिकम् ।।२१६।।

215-216. The course and line of treatment for *sannipātta jvara* include mainly (among initial measures) *langhaṇa* or fasting for three, five and ten nights in cases having predominance of *vāta*, *pitta* and *kapha* respectively. In cases of *sannipātta* one should diagnose the patient properly the effects of the three *doṣas* and then proceed with *langhaṇa* therapy. If the effect of *vāta* is the maximum then the patient should be treated with *langhaṇa* therapy for three days. He should fast for five days if the *pitta doṣa* is maximized and for 10 days if *kapha doṣa* is increased. The patient should be continuously treated with *langhaṇa* (fasting) therapy until

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his digestive juices (*āma rasa*) are ordered. When the digestive juices and system gets corrected, one couldn't fast for longer period. One should continue with *langhaṇa* therapy till the person has the capacity to tolerate it. Therefore, the period of *langhaṇa* (fasting) is based on this consideration only.

(Cakradatt)

स्वेदनम्–

न स्वेदव्यतिरेकेण सन्निपातः प्रशाम्यति । तस्मान्मुहुर्मुहुः कार्यं स्वेदनं सन्निपातिनाम् ।।२१७।।

217. Svedanam:

Patients suffering from *sannipātta* wont get relief until they are not treated with *svedana* therapy. Therefore, they should be treated with *svedana* therapy again and again.

Note: *Svedana* therapy not only causes body to release sweat but also helps in getting rid of other harmful fluids of body so that it becomes light. It also relieves one from restlessness, grief, and convulsions. The temperature of body also gets to normalcy.

वह्न्युपचारप्रयोजनम्–

सन्निपाते जलमयो नराणां विग्रहो भवेत् । विना वह्न्युपचारेण कस्तं शोषयितुं क्षमः ।।२१८।।

218. The body of *sannipātta* patients remains full of excessive water and increased *kapha doṣa*. The best way to decrease this content is treating them with *svedana* therapy through heat.

अन्यच्च–

प्रयोगाबहवःसन्ति सविषा निर्विषा अपि । वह्न्युष्माणं विना प्रायो न वीर्यं दर्शयन्ति ते ।।२१९।।

219. To cure *sannipātta* fever there are a number of prescriptions with *viṣa* or without *viṣa*. However, without having proper digestive power such medicines do not effect positively. Therefore, such drugs should be applied in combination with *svedana* therapy and other types of steam therapies.

दहनस्थानम्–

प्रतिक्रियाविधावेवं यस्य संज्ञा न जायते । पादतले ललाटे वा दहेल्लोहशलाकया ।।२२०।।

220. If the patient of *sannipātta* fever does not recover from fainting in spite of sweating or steam therapy his forehead or sole should be heated with hot rods.

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The heat therapy suggested above sometimes yield very favorable results. However, in civil societies or countries such measures are not used. Nonetheless, in the villages of Rajasthan where the physician and healers failed old tribal healers achieved success by heat therapy, till recently.

स्वेदक्रिया-परिवर्जनकालः–

लौहित्ये नेत्रयोर्वान्तौ प्रलापे मूर्द्धचालने । न स्वेदः शुभदो ज्ञेयस्तत्र शीतक्रिया हिता ।।२२१।।

221. If the symptoms like redness in eyes, vomiting, wailing and violent movement of head are noticed, the patient should not be treated with *svedana* therapy. Instead he can be treated with other pleasant or cold therapies.

मातुलुङ्गादिनस्यम्–

मातुलुङ्गार्द्रकरसंकोष्णं त्रिलवणान्वितम् । अन्यद्वा सिद्धिविहितं तीक्ष्णं नस्यं प्रयोजयेत् ।।२२२।।
तेन प्रभिद्यते श्लेष्मा प्रभिन्नश्च प्रसिच्यते । शिरोहृदयकण्ठास्य-पार्श्वरुक् चोपशाम्यति ।।२२३।।

222-223. Mātulungādi Nasyam:

Slightly warm the *mātulunga* lemon along with the juice of ginger. Add to it the three types of salt (rock salt, black salt and *suvaracala* salt) and perform nasal therapy. Also use other *tīkṣana* nasal therapies which have been mentioned in *Siddhi Sthān* (*Siddhi Sthān* is a section of *Ayurveda* texts authored by Caraka, Suśruta and other theorists). *Tīkṣaṇa* nasal therapy helps in relieving *kapha* fluids from the body and also gives relief from pains in head, heart, throat, face and bones.

(Cakradatt)

मधूकसारादिनस्यम्–

मधूकसारसिन्धूत्थवचोषणकणाःसमाः। श्लक्ष्णंपिष्ट्वाऽम्भसानस्यंकुर्यात्संज्ञाप्रबोधनम् ।।२२४।।

224. Madhūkāsārādi Nasyam:

Obtain *sattava* (extract) of *madhuka* plant and juice of its flowers. Also take equal parts of rock salt, *vacā*, pepper and *pippalī*. Pulverize all these materials together along with water to get a *kalka* out of their fine powder. Perform nasal therapy with this powder for fainted patients. This therapy would help in gaining their consciousness.

(Cakradatt)

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सैन्धवादिनस्यम्–

सैन्धवं श्वेतमरिचं सर्षपं कुष्ठमेव च । बस्तमूत्रेण सम्पिष्य नस्यं तन्द्राविनाशनम् ।।२२५।।

225. Saindhvādi Nasyam:

Take equal parts of rock salt, white pepper, mustard and *kuṣṭha*. Pulverize all these materials with goat's urine. Performing nasal therapy with this compound would help in getting rid of sleeping tendencies.

(Cakradatt)

लशुनादिनस्यम्–

रसोनं मरिचं पिष्टं नस्यं स्याच्छ्लेष्मनाशनम् ।।२२६।।

226. Laśunādi Nasyam:

Obtain fine powder made out of equal parts of garlic bulbs and white *marica*. Perform nasal therapy with this compound to decrease the *kapha* content in *śaleṣma* prone parts (stomach, lungs, throat and brain).

षड्ग्रन्थ्यादिनस्यम्–

षड्ग्रन्थिसैन्धवकणाः समधूकसाराः पिष्ट्वा समेन मरिचेन जलैः कदुष्णैः ।
नस्यं निवारयति शीघ्रमचेतनत्वं तन्द्राप्रलापसहितं शिरसो गुरुत्वम् ।।२२७।।

227. Ṣaḍagranthādi Nasyam:

Take equal amount of *pippalīmūla*, rock salt and extracts of flowers of *pippalī* and *madhūka*. Also take *marica* equivalent to the combined quantity of these materials. Obtain a *kalka* of fine powder of all these materials by pulverizing them in lukewarm water. Performing nasal therapy with this compound is very helpful in getting relief from unconsciousness, sleeping tendencies, distressed mind and heaviness in head.

(Hārīta)

आर्द्रकादिनिष्ठीवनम्–

आर्द्रकस्वरसोपेतं सैन्धवं सकटुत्रयम् । आकण्ठं धारयेदास्ये निष्ठीवेच्च पुनः पुनः ।।२२८।।
तेनास्य हृदयाच्छ्लेष्मा मन्यापार्श्वशिरोगलात् ।
लीनोऽप्याकृष्यते शुष्को लाघवञ्चास्य जायते ।।२२९।।
पर्वभेदोज्वरो मूर्च्छा निद्राकासगलामयाः । मुखाक्षिगौरवं जाड्यमुत्क्लेशश्चोपशाम्यति ।।२३०।।
एकद्वित्रितुः कुर्याद् दृष्ट्वा दोषबलाबलम् । एतद्धि परमं प्राहुर्भेषजं सन्निपातिनाम् ।।२३१।।

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228-231. Ārdrkādi Niṣṭhīvanam:

The rock salt, *pippalī*, *śunṭhī* and *marica* should be obtained in equal parts and mixed along with the juice of dried ginger (*ārdraka*). The preparation should be kept in the mouth till the mouth becomes full and these drugs reach the throat. The preparation should be retained in the mouth as long as possible. Thereafter, it should be spitted out. This method is called the *niṣṭhivana* method of treatment. By doing so, the dried *kapha* attached in the cardiac region, *manyā* (sterno-mastiod region), *pārśva* (sides of the chest), head and throat gets drained to the mouth and as a result the patient feels light. This method alleviates fainting, sleep, bronchitis, diseases of the throat, heaviness in the mouth and eyes, numbness and nausea. This therapy can be administered once, twice, thrice or four times depending upon the strength of the *doṣas*. This is one of the excellent therapies for the treatment of *sannipātta* fever as well as for cases of vitiated *kapha* and *vāta*.

(Cakradatt)

अष्टाङ्गावलेहिका–

कट्फलंपौष्करंशृङ्गी व्योषं यासश्च कारवी । श्लक्ष्णचूर्णीकृतं चैतन्मधुना सह लेहयेत् ।।२३२।।
एषाऽवलेहिकाहन्तिसन्निपातंसुदारुणम् । हिक्कांश्वासञ्च कासञ्च :कण्ठरोधं नियच्छति ।।२३३।।
ऊर्ध्वगश्लेष्महरणेचोष्णेस्वेदादिकर्मणि । विरोध्युष्णेमधुत्यक्त्वाकार्यैषाऽऽर्द्रकजै रसैः ।।२३४।।

232-234. Aṣṭāñgavalehikā :

Ingredients: *Kaṭphala*, *puṣkaramūla*, *śṛīngī*, dried ginger (*śunṭhī*), *pippalī*, *marica*, *yās* and *kāravī*.

Process of Drug-Making: Take in equal parts all the above ingredients and prepare a fine powder out of them. This should be mixed with honey and used as confection.

Method of use/Administration: 10 gm. of this drug should be used with ginger juice (and not honey) if there is aggravation of *kapha* in all types of *sannipātta* as it removes out the cough deposit in the upper parts of the body (heart, lungs, throat and brain channels). For *svedana* (fomentation) therapy also the use of ginger is preferable.

Therapeutic benefits: This *Aṣṭāñgavalehikā* cures serious type of *sannipāta*, hiccups, asthma, *kāsa* and throat disorders.

(Cakradatt)

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अञ्जनम्–

शितिकुक्कुटिकाण्डजलपानान्नस्यादप्यञ्जनाच्च।
दुःसाधनसन्निपातःप्रबलोऽप्याश्वेवशममेति ।।२३५।।

235. Anjanam:

The difficult cases of *sannipātta* can be treated effectively with the following: eating egg content (liquid) of a black hen, performing nasal therapy and doing eye massaging (*añjana*) with it.

शिरीषाद्यञ्जनम्–

शिरीषबीजगोमूत्रकृष्णामरिचसैन्धवैः । अञ्जनं स्यात्प्रबोधाय सरसोनशिलावचैः ।।२३६।।

236. Śiṛiṣādya añjanam:

Take equal parts of seeds of *śirīṣ*, *pippalī*, *marica*, rock salt, garlic, *manśilāh* and *vacā*. Churn all these materials into a fine powder and pulverize the same with cow's urine. Use the compound as a *añjana* to the eyes. This treatment would help a fainted patient to gain his consciousness.

(Cakradatt)

असुराह्वपतङ्गस्य विट्चूर्णं मधुसंयुतम् । अञ्जनाद्बोधयेन्मुग्धं तन्द्रितं सन्निपातिनम् ।।२३७।।

237. Get *viṭṭa* (droppings) of a bird called *asurā* and pulverize the same into a fine powder. Add to it honey and perform eye massage (*añjana*) with the same. This helps *sannipātta* patients who are suffering from sleeping tendencies and fainting.

दशमूलक्वाथः–

बिल्वश्योणाकगम्भारीपाटलागणिकारिकाः । दीपनं कफवातघ्नं पञ्चमूलमिदं महत् ।।२३८।।
शालपर्णीपृश्निपर्णीबृहतीद्वयगोक्षुरम् ।
वातपित्तापहं वृष्यं कनीयः पञ्चमूलकम् । उभयं दशमूलं हि सन्निपातज्वरापहम् ।।२३९।।
कासश्वासे च तन्द्रायां पार्श्वशूले च शस्यते । पिप्पलीचूर्णसंयुक्तं कण्ठहृद्ग्रहनाशनम् ।।२४०।।

238-240 Daśamūla Kvātha:

Ingredients: The *Daśamūla* group of herbs contains the two sub-groups named as *Bṛihat Pañcamūla* and the *Laghu Pañcamūla*. In the former sub group the following are taken in equal parts: *agnimantha* (bark/rooot), *bilva* (bark/root), *śyoṇāka* (bark), *pāṭala* (bark) and *gambhārī* (bark). It promotes digestive power and alleviates ailments caused by *vāta* and *kapha doṣa*. The *Laghu Pañcamūla*

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sub-group of herbs include the *kañṭakārī* (root), *bṛihatī* (root), *gokṣura* (fruits), *pṛiśniparṇī* and *śālaparṇī*. Both sub-groups of *Pañcamūla*s when combined are known as *Daśamūla*.

Process of Drug-Making: The drug is prepared as per the decoction method.

Method of use/Administration: This decoction is taken along with the powder of *pippalī*.

Therapeutic benefits: The *Daśamūla kvātha* alleviates *sannipātta* fever and checks *kāsa*, *śvāsa*, *tandrā* and *pārśvaśūla*. It also controls diseases of throat (*Kaṇṭhagraha*) and heart (*hṛidyagraha*).

(*Bhāvaprakāśa*)

द्वादशाङ्गक्वाथः–

दशमूलीकषायस्तु सपौष्करकणाऽन्वितः । सन्निपाते ज्वरे देयः श्वासकाससमन्विते ।।२४१।।

241. Dvādaśānga Kvātha:

Ingredients: The above-mentioned *daśamūla* herbs added with the *pippalīmūla* and *puṣkaramūla*.

Process of Drug-Making: The drug is prepared as per the decoction method.

Method of use/Administration: This decoction is more effective if used when it is lukewarm.

Therapeutic benefits: Patients of *sannipātta* who are suffering from asthama and coughs can benefit from the *Dvādaśānga Kvātha*.

(*Bhāvaprakāśa*)

चतुर्दशाङ्गक्वाथः–

चिरज्वरे वातकफोल्बणे वा त्रिदोषजे वा दशमूलमिश्रः ।
किराततिक्तादिगणः प्रयोज्यः शुद्ध्यर्थिनेवात्रिवृताविमिश्रः ।।२४२।।

242. Caturdaśānga Kvātha:

Ingredients: The combination of herbs of the above *Daśamūla* group and *Kirātatiktādi* group (*bhūnimba*, *guḍūcī*, dried ginger and *mustaka*).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

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Therapeutic benefits: This preparation is effective in chronic fever, fever predominant with *kapha* and *vāta* and in treating the fever produced by disorder in all the three *doṣas*. If patient suffers from constipation, flatulence and other abdominal complaints; *tṛivṛit* powder measuring 2 to 3 gm. should be added to the decoction.

(Cakradatt)

वातश्लेष्महरोऽष्टादशाङ्गक्वाथः–

दशमूली शटी शृङ्गी पौष्करं सदुरालभम् । भार्गी कुटजबीजञ्च पटोलं कटुरोहिणी ।।२४३।।
अष्टादशाङ्ग इत्येष सन्निपातज्वरापहः । कासहृद्ग्रहपार्श्वार्तिश्वासहिक्कावमीहरः ।।२४४।।

243-244. Aṣṭādaśānga Kvātha:

Ingredients: Herbs of *daśamūla* group along with the *karcūra*, *śṛīngī*, *puṣkaramūla*, *durālabhā*, *bhārgī*, *indrayava*, leaves of *paṭola* and *kaṭukī* (The mixture containing all these materials in equal parts is known as *Aṣṭadaśānga*.)

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is very beneficial for the patients suffering from *sannipāta jvara*, *kāsa* (coughs), heart problems, pains in ribs, asthama, hiccups and vomiting.

(Cakradatt)

भूनिम्बाद्यष्टादशाङ्गक्वाथः–

भूनिम्बदारुदशमूलमहौषधाब्दतिक्तेन्द्रबीजधनिकेभकणाकषायः ।
तन्द्राप्रलापकसनारुचिदाहमोहश्वासादियुक्तमखिलं ज्वरमाशु हन्ति ।।२४५।।

245. Bhūnimbādyaṣṭādaśānga Kvātha:

Ingredients: Take the *Daśamūla* group of herbs (10 drugs) and the following 8 drugs: *bhumimba* (*kirātatikta*), *devadāru* (wood powder), dried ginger (*śunṭhī*), *mustaka* (root), *indrayava* (seeds), corriender seeds, *kaṭuka* (root) and *gajapippalī* (root).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

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Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This formulation is effective in alleviating *tandrā*, *pralāpa*, *kāsa* (coughs), anorexia, *dāha*, *moha*, *śvāsa* and other ailments.

(Cakradatt)

पित्तोल्वणसन्निपाते मुस्ताद्यष्टादशाङ्गक्वाथः–

मुस्तापर्पटकोशीरदेवदारुमहौषधम् । त्रिफला धन्वयासश्च नीली कम्पिल्लकं त्रिवृत् ।।२४६।।
किराततिक्तकं पाठा बला कटुकरोहिणी । मधुकं पिप्पलीमूलं मुस्ताद्यो गण उच्यते ।।२४७।।
अष्टादशाङ्गमुदितमेतद्वा सन्निपातनुत् ।
पित्तोत्तरे सन्निपाते हितं चोक्तं मनीषिभिः । मन्यास्तम्भ उरोघात उरःपार्श्वशिरोग्रहे ।।२४८।।

246-248. Muśtāi Gaṇa or Aṣṭadaśanga Kvātha:

Ingredients: The combination of the following herbs that is called *Musṭādyaṣṭādaśānga* : *mustā*, *parpaṭaka*, *uśīra*, *devadāru*, *mahauṣadha*, *tṛiphalā*, *dhānvayāsā*, *nīlī*, *kampillaka*, *tṛivṛit*, *kirātatiktaka*, *pāṭhā*, *balā*, *kaṭukrohiṇī*, *madhūka* and *pippalīmūla*.

Process of Drug-Making: The drug is prepared as per the decoction method.

Therapeutic benefits: These are useful in *sannipātta* especially the one dominated by *pitta*. These are also useful in *manyā stambha* (*torticolis*), *uroghāta* (injury to the chest) and lock-jaw.

द्वात्रिंशाङ्गक्वाथः–

भार्गीभूनिम्बनिम्बाम्बुदकटुकवचाव्योषवासाविशाला
रास्नाऽनन्तापटोलामरतरुरजनीपाटलातिन्दुकैश्च ।
ब्राह्मीदार्वीगुडूचीमुनितरुसरलाम्भोजकैस्त्रायमाणा
व्याघ्रीसिंहीकलिङ्गैस्त्रिफलशटियुतैःकल्पितस्तुल्यभागैः ।।२४९।।
क्वाथोद्वात्रिंशनामात्रिभिरधिकदशान्संनिपातान्निहन्तिशूलं
कासादिहिक्काश्वसनगुदरुजाऽऽध्मानविध्वंसकारी ।
ऊरुस्तम्भान्त्रवृद्धिंगलगदमरुचिंसर्वसन्धिग्रहार्त्तिमातङ्गानेषहन्यान्मृगरिपुरिवतद्रोगजातंक्षणेन ।।२५०।।

249-250. Dvātṛiśānga Kvātha:

Ingredients: *Bhārgī*, *bhūnimba*, *nimba*, *mustā*, *kaṭukī*, *vacā*, *śunṭhī*, *pippalī*, *marica*, *aḍuṣā*, *indrayava*, *rāsnā*, *anantā*, *paṭola*, *devadāru*, *rajanī*, *pāṭala*, *tindu*, *brāhmī*, *dāruharidrā*, *guḍūcī*, *munitaru*, *sarala*, *ambuja*, *trāyamāṇā*, *vyāghrī*, *sinhī*, *kalinga*, *tṛiphalā* herbs (*āmalakī*, *vibhītaka* and *haraḍa*) and *śaṭī*.

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Process of Drug-Making: The drug is prepared as per the decoction method taking all of these 32 herbs in equal quantity i.e. 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction cures 13 types of *sannipāta jvara*, colic pain, *kāsa* (cough), piles, problems related to gastro intestinal tract, *āntra vṛiddhi* (hernia), problems of throat, anorexia and pain of the joints.

(*Bṛ.Ni.Ratn.*)

शठ्यादिवर्गः–

शटी पुष्करमूलञ्च व्याघ्री शृङ्गी दुरालभा । गुडूची नागरं पाठा किरातं कटुरोहिणी ।।२५१।।
एष शठ्यादिको वर्ग सन्निपातज्वरापहः । कासहृद्ग्रहपार्श्वार्तिश्वासे तन्द्र्यां च शस्यते ।।२५२।।

251-252. Śaṭyādi Varga:

Ingredients: *Śatī*, *puṣkaramūla*, *vyāghrī*, *śṛīngī*, *durālabhā*, *guḍūcī*, *nāgara*, *pāṭhā*, *kirāta*, and *kaṭurohiṇī*. (These drugs taken together are called *Śaṭyādi Varga*.)

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction of these herbs cures *sannipātta* type of fever, bronchitis, obstruction in the heart, cases of pleurisy, asthma and drowsiness.

(Cakradatt)

बृहत् कट्फलादिक्वाथः–

कठ्फलाब्दवचापाठापुष्कराजाजिपर्पटैः । शृङ्गी कलिङ्गधान्याकं शटीभृङ्गकणाह्वयम् ।।२५३।।
तिक्ताऽभयाऽम्बुकैरातंभार्गीरामठकंबला । दशमूलीकणामूलंनिष्क्वाथ्य क्वाथमुत्तमम् ।।२५४।।
हिङ्ग्वार्द्रकरसोपेतं सन्निपातविनाशनम् । गलगण्डं गण्डमालां स्वरभेदं गलामयान् ।।२५५।।
कर्णमूलोद्भवं शोथं हन्याद्धनुमुखामयान् ।
कफवातज्वरंकासं तथा हन्ति शिरोगदान् । शिरोगुरुत्वं बाधिर्यं निहन्ति कफवातिकम् ।।२५६।।

253-256. Bṛihat Kaṭphalādi Kvātha:

Ingredients: *Kaṭphala* (bark), *mustā*, *vacā* (root), *pāṭhā*, *puṣkaramūla*, *ajāiji* (black cumin seeds) *parpaṭa*, *karkaṭaśṛīngī*, *indrayava* (seeds), *dhānyaka*, *karcūra*

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(root), *bhṛingarāja* (plant), *pippalī* (fruits), *kaṭuka* (root), *harītakī*, *sugandhabālā*, *bhūnimba*, *bhārgī*, asafoetida, *balā*, the *daśamūla* herbs and *pippalīmūla*.

Process of Drug-Making: Decoct the ingredients together and add to the preparation three *raktikā* (1/2 gm.) measure of asafoetida (that has been fried into *ghṛitam*) and juice of *ārdraka* (ginger) in measurement of half *tolā* (about 7 gm.).

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This medicine checks *sannipātta* fever, *galagaṇḍa* (goiter-complication of thyroid), *gaṇḍamāla* (cervical adentis), *svarabheda* (hoarseness), *galaroga* (throat infections), *karṇamūlaśotha* (parotitis), *hanuroga* (jaw diseases), *mukharoga* (mouth diseases), *kaphavātaja jvara*, *kāsa* (coughs), *śiroroga* (diseases of head), *śirogaurava* (heaviness of head), *karṇa vādhirya* (deafness), *kapharoga* (*kapha* ailments) and *vātaroga* (indisposed *vāta*).

वातोल्बणसन्निपातज्वरस्य चिकित्सा ।

तत्र बृहत्पञ्चमूलीक्वाथः–

पञ्चमूलीकषायन्तुदद्याद्वातोल्बणेज्वरे । भृशोष्णं वा सुखोष्णं वा दृष्ट्वा दोषबलाबलम् ।।२५७।।

Treatment of vāta-dominated Sannipāta Fever:

257. Bṛihatpañcamūlī Kvātha:

Ingredients: Bigger *pañcamūlī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. Depending on the concentration of *doṣas*, the patient of *sannipātta* can drink the decoction either very hot or lukewarm.

Therapeutic benefits: The decoction checks the *sannipāta* type of fever.

(Cakradatt)

कट्फलादिक्वाथः–

कट्फलाब्दवचापाठापुष्कराजाजिपर्पटैः । देवदार्वभयाशृङ्गीकणाभूनिम्बनागरैः ।।२५८।।
भार्ङ्गीकलिङ्गकटुकाशटीकट्तृणधान्यकैः ।समांशैःसाधितःक्वाथो हिङ्ग्वार्द्रकरसैर्युतः ।।२५९।।
कर्णमूलोद्भवंशोथं हन्ति मन्यागलाश्रयम् । कफवातज्वरं श्वासं कासं हिक्कां हनुग्रहम् ।।२६०।।
गलगण्डंगण्डमालां स्वरभेदं कफात्मकम् । शिरोगुरुत्वं बाधिर्यं वृद्धिं च कफमेदसोः ।।२६१।।

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258-261. Kaṭphalādi Kvātha:

Ingredients: *Kaṭphala*, *nāgaramustā*, *vacā*, *pāṭala*, *puṣkaramūla*, black cumin seeds, *parpaṭa*, *devadāru*, bigger *haraḍa*, *śṛīngī*, *pippal*, *kirātatikta*, *śunṭhī*, *bhārngī*, *indrayava*, *kaṭukī*, *karcūra*, *katatṛiṇa*, and coriander seeds.

Process of Drug-Making: Take 50 gm. of the above ingredients and decoct them together and add to the preparation adequate amount of asafoetida and ginger juice.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction is very beneficial in treating *sannipātta*, ear problems, *śotha* of neck, fevers of *kapha* and *vāta*, asthma, *kāsa* (coughs), hiccups, *hanugraha*, *galagaṇḍa*, *gaṇḍamāla*, *kapha* dominated *svarabheda*, head problem, *bādhirya* and morbid increase in *kapha* and *medā*.

(*Bhāvaprakāśa*)

पित्तोल्बणसन्निपातज्वरचिकित्सा ।

तत्र परूषकादिक्वाथमाह–

परूषकञ्च त्रिफला देवदारु च कट्फलम् । चन्दनं पद्मकञ्चैव तथा च कटुरोहिणी ।।२६२।।
पृश्निपर्णी श्रृतं त्वेभिरुषितं शीतलं जलम् । पित्तोत्तरे नृणामेतत्सन्निपातचिकित्सितम् ।।२६३।।

Treatment of the Pitta-dominated cases of Sannipāta Fevers

262-263. Paruṣakādi Kvātha:

Ingredients: *Paruṣka*, *āmalakī*, *haraḍa*, *vibhītaka*, *devadāru*, *kaṭphala*, red sandalwood, *padmaka*, *kaṭukī* and *pṛiśniparṇī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: Leave the decoction for overnight. The next day when the decoction is slightly stale, filter it and serve to the patients in doses of 50 ml.

Therapeutic benefits: It is a great medicine for those suffering from severe *sannipātta*.

(*Bhāvaprakāśa*)

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चन्दनादिक्वाथः–

चन्दनं पद्मकं चैव तथा च कटुरोहिणी ।
पृथक्पर्णीसमं सिद्धमुषितं शीतलं जलम् । पित्तोत्तरे नृणामेतत् सन्निपाते चिकित्सितम् ।।२६४।।

264. Candanādi Kvātha:

Ingredients: Red sandalwood, *padmakāṣtha*, *kaṭukī* and *pṛithakparṇī*.

Process of Drug-Making: Take the above ingredients in measure of 50 gm. each and finely pulverize them together. Prepare decoction of these materials and leave the decoction for a whole night. The next day when the decoction gets cool, filter it.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is useful for the patients of *sannipātta jvara*.

किरातादिसप्तकक्वाथः–

किराततिक्तकं मुस्तं गुडूची विश्वभेषजम् । पाठोदीच्यं मृणालञ्च शृतं पित्ताधिके पिबेत् ।।२६५।।

265. Kirātādi saptaka Kvātha:

Ingredients: *Kirāta*, *mustā*, *guḍūcī*, dried ginger, *pāṭala*, *sugandhabālā* and reed of lotus.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction is very beneficial for *sannipātta jvara* patients.

(*Bhāvaprakāśa*)

कफोल्वणसन्निपातज्वरस्य चिकित्सा ।

बृहत्यादिक्वाथः–

बृहत्यौपौष्करं भार्गी शटी शृङ्गी दुरालभा । वत्सकस्य तु बीजानि पटोलं कटुरोहिणी ।।२६६।।
बृहत्यादिर्गणः प्रोक्तः सन्निपाते कफोत्तरे । श्वासादिषु च सर्वेषु हितः सोपद्रवेष्वपि ।।२६७।।

Treatment of the Kapha-dominated cases of Sannipāta Fevers

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266-267. Bṛihatyādi Kvātha:

Ingredients: The mixture containing lesser and bigger varieities of *kañṭakārī*, *puṣkaramūla*, *bhārgī*, *karcūra*, *karkaṭaśṛingī*, *durālabhā*, *indrayava* (here it refers to the seeds of *kataka*), leaves of *paṭola* and *kaṭukī* that is known as *Bṛihatyādi gaṇa*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction is helpful in curing *sannipātta jvara* caused due to *kapha* disorder and other problems like all types of *kāsa* (coughs) and asthma.

(Cakradatt)

वातपित्तोल्वणसन्निपातज्वरचिकित्सामाह ।

तत्र लघुपञ्चमूलक्वाथः–

वातपित्तहरंवृष्यंकनीयः पञ्चमूलकम् । तत्क्वाथो मधुना हन्ति वातपित्तोल्वणं ज्वरम् ।।२६८।।

Treatment of the Vātapitta-dominated cases of Sannipāta Fevers

268. Laghupañcamūla Kvātha:

Ingredients: Lesser variety of *pañcamūla* herbs.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. The patients of *sannipātta* having high *vāta* content should drink decoction of these materials along with honey.

Therapeutic benefits: The drugs used in the preparation has the medicinal property to control the vitiated *vāta* and *pitta doṣas*. It acts as *vṛiṣya* (i.e. helps in growth of semen) as well.

(*Bhāvaprakāśa*)

चातुर्भद्रकक्वाथः–

किराततिक्तकं मुस्तं गुडूची विश्वभेषजम् । चातुर्भद्रकमित्याहुर्वातपित्तोल्वणे ज्वरे ।।२६९।।

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269. Cāturbhadraka Kvātha:

Ingredients: The combined mixture of *kirāta*, *mustā*, *guḍūcī* and dried ginger that is known as *caturbhadraka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction of these materials is helpful in curing fever caused due to *vāta* and *pitta* disorders.

(*Ras Ratnakar*)

तत्र पर्पटादिक्वाथः–

पर्पटः कट्फलं कुष्ठमुशीरं चन्दनं जलम् ।
नागरंमुस्तकंशृङ्गीपिप्पल्येषां शृतं हितम् । तृष्णादाहाग्निमान्द्येषु पित्तश्लेष्मोल्वणे ज्वरे ।।२७०।।

270. Parpaṭādi Kvātha:

Ingredients: *Parpaṭī*, *kaṭphala*, *kuṣṭha*, *uśīra*, red sandalwood, *sugandhabālā*, dried ginger, *mustā*, *karkaṭaśṛīngī* and *pippalī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction is useful in curing *sannipātta* cases having high content of *pitta* and *kapha doṣas*. It is also beneficial in treating morbid thirst, burning sensation and lost digestive power.

(*Bhāvaprakāśa*)

चिकित्सानोदितावैद्यैर्वातश्लेष्मोल्वणेज्वरे । शीघ्रकारितया तस्यासाध्यत्वस्यैव दर्शनात् ।।२७१।।

271. The *sannipātta* fever caused by vitiation of *vāta*, *kapha* has an immediate effect on patient. As a result the patient becomes incurable and beyond reach of any kind of treatment. The above prescriptions have been suggested in order of merit. However, there is a limit to their efficacy.

तत्र योगराजक्वाथः–

नागरं धान्यकं भार्गी पद्मकं रक्तचन्दनम् । पटोलः पिचुमर्दश्च त्रिफला मधुकं बला ।।२७२।।
शर्करा कटुका मुस्तं गजाह्वा व्याधिघातकः । किराततिक्तममृता दशमूली निदिग्धिका ।।२७३।।

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योगराजो निहन्त्येष सन्निपातं त्रिकोल्वणम् । सन्निपातसमुत्थानं मृत्युमप्यागतं जयेत् ।।२७४।।

272-274. Yogarāja Kvātha:

Ingredients: *Nāgara* (dried ginger), *bharagī*, *padmaka*, red sandalwood, leaves of *paṭola*, bark of *neem* tree, *triphalā* (*āmalakī*, *haraḍa and vibhītaka)*, *madhuka*, *balā*, raw sugar, *kaṭukī*, *mustā*, *gajapīppala*, *vyādhighātaka*, *kirātatikta*, *amṛitā*, 10 herbs of *daśamūla* group and *nidigdhikā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This docotion is capable of curing *sannipātta jvara* having high content of *vāta* and *pitta*. This can also save a person attacked by a fatal type of *sannipātta*.

(*Bhāvaprakāśa*)

प्रवृद्धं कर्शयेद्दोषं क्षीणं सम्बर्द्धयेद्भिषक् । चिकित्सेयं विधातव्या दोषयोर्वृद्धहीनयोः ।।२७५।।

275. Physicians should always look forward to restore and maintain the *doṣas* to their normal condition. They should lower down the increased *doṣa* and increase lowered *doṣa*. Treatment of diseases caused due to disordered *doṣas* is done this way only.

प्रवृद्धे शमिते दोषे मध्यमः स्वयमेव हि । शान्तिं याति शमं नीतेऽनुबन्ध्ये त्वनुबन्धवत् ।।२७६।।

276. If the *doṣa* that has been vitiated the most is controlled, the *doṣa* that has vitiated less automatically gets checked. It is like controlling the principal cause. If the principal cause is treated well the auxiliary cause is automatically eliminated.

तत्र शीताङ्गस्य चिकित्सायां भास्वन्मूलादिक्वाथः–

भास्वन्मूलं जीरकव्योषभार्गीव्याघ्रीशुण्ठीपुष्करं गोजलेन ।
सिद्धं सद्यः शीतगात्रार्त्तिमोहश्वासश्लेष्मोद्रेककासान्निहन्ति ।।२७७।।

Treatment of the coldness of the body

Bhāsvanmūlādi Kvātha

Ingredients: Roots of the plant *bhāsvara* (*arka*), cumin seeds, dried ginger, *pippalī*, *marica*, *bhārgī*, *vyāghṛī*, dried ginger and *puṣkaramūla* along with the cow urine.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each and cow urine measuring 16 times greater.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction gives immediate relief from cold fever, perplexity, asthama, lowers excessive *kapha* and *kāsa* (cough).

(*Bhāvaprakāśa*)

शीताङ्गहरमुद्वर्त्तनम्–

कर्कोटिकाकन्दरजः कुलत्थकृष्णावचाकट्फलकृष्णजीरैः ।
किराततिक्तानलकट्फलाम्बु-पथ्याभिरुद्वर्त्तनमत्रशस्तम् ।।२७८।।

Treatment of the cold fever through coating of herbal paste

278. Prepare *kalka* (paste) of powder of *karkoṭikā* plant's root, *kulattha*, *pippal*, *vacā*, *kaṭphala*, black cumin seeds, *kirātatikta*, *citraka*, *kaṭaphala* (as this herb is referred twice, it is to be taken in two parts while the rest of herbs are to be taken only in one part) *sugandhabālā* and *haraḍa*. Apply this *kalka* on the patient suffering from cold fever. It is very beneficial in treating this disorder.

तन्द्रिकस्य चिकित्सायां नस्यम्–

क्षुद्राऽमृतापौष्करनागराणिशृतानिपीतानि शिवायुतानि ।
शुंठीकणाऽगस्तिरसोषणानिनस्येन तन्द्राविजयोल्वणानि ।।२७९।।

Nasal Therapy for cases of lassitude

279. Prepare decoction of *amṛitā*, *guḍūcī*, *puṣkaramūla*, dried ginger and *haraḍa*. After drinking this decoction, treat the patient through nasal therapy with the fine powder obtained from dried ginger, *pippalī*, juice of flowers of *agastya* and black pepper (50 gm. each). This can check even severe cases of exhaustion.

तन्द्रिकेऽञ्जनप्रयोगः–

तुरङ्गलालालवणोत्तमेन्दु-मनःशिलामागधिकामधूनि ।
नियोजितान्यक्षिणि निश्चितं च तंद्राञ्च निद्राञ्च निवारयंति ।।२८०।।

Collyrium for cases of lassitude

280. Take saliva of horse, rock salt, camphor, *manahśilā*, *pippal* and honey. Churn them together and apply the paste on eyes by as an *añjana*. This application checks exhaustion and excessive sleeping.

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अथ प्रलापकस्य चिकित्सायां तगरादिक्वाथः–

सतगरवरतिक्तारेवताम्भोदतिक्ता नलदतुरगगन्धाभारतीहारहूराः ।
मलयजदशमूलीशङ्खपुष्पीसुपक्वाःप्रलपनमपहन्युः पानतो नातिदूरात् ।।२८१।।

Treatment of Pralāpaka Jvara (Fever attended with delirium)

281.Tagarādi Kvātha

Ingredients: *Tagara*, *parpaṭa*, *āragvadha*, *mustā*, *kaṭukī*, *lāmajjāka*, *aśvagandhā*, *brāhmī*, grapes, white sandalwood, herbs of *daśamūla* groups and *śankhapuṣpī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction gives immediate relief from *pralāpaka* type of *sannipātta* fever.

(*Bhāvaprakāśa*)

अथ रक्तष्ठीविसन्निपातस्य चिकित्सायां रोहिषादिक्वाथः–

रोहिषधन्वयवासकवासा-पर्पटगन्धलताकटुकाभिः ।
शर्करया सममेष कषायः क्षतजष्ठीविन उद्यदुपायः ।।२८२।।

Treatment of sannipātta (raktaśṭhīvī variety)

282. Rohiṣādi Kvātha:

Ingredients: *Rohiṣa* grass, *dhanvayavāsa*, *aḍuṣā*, *parpaṭa*, *gandhalatā* and *kaṭukī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml. along with raw sugar.

Therapeutic benefits: This decoction is a noted medicine for getting relief from *sannipātta* (*raktaśṭhīvī* variety) fever.

(*Bhāvaprakāśa*)

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पद्मकादिक्वाथः–

पद्मकचन्दनपर्पटमुस्तं जातिकजीवक चन्दनवारि ।
क्लीतकनिम्बयुतं परिपक्वं वारि भवेदिह शोणितहारि ।।२८३।।

283. Padmakādi Kvātha:

Ingredients: *Padmaka*, red sandalwood, *parpaṭa*, *mustā*, *jāti* (jasmine), *jīvak*, white sandalwood, *sugandhabālā*, *yaṣṭi* and *neem*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction is very useful in treating *sannipātta* (*raktaśṭhīvī*).

(*Bhāvaprakāśa*)

अथ भुग्ननेत्रस्य चिकित्सायां नस्यम्–

तुरङ्गगन्धालवणोग्रगन्धा-मधूकसारोषणमागधीभिः ।
बस्ताम्बुशुण्ठीलशुनान्विताभिर्नस्यंकृशंभुग्नदृशं करोति ।।२८४।।

Nasal therapy of sannipātta jvara of bhugnanetra variety (Fever accompanied by distortion of the eyes)

284. Take *aśvagandhā*, rock salt, *vacā*, abstract of *madhūka*, black pepper, *pippal*, dried ginger and garlic. Pulverize these materials with urine of goat. This decoction is helpful in checking *sannipātta jvara* (*bhugnanetra variety*).

(*Bhāvaprakāśa*)

अभिन्यासलक्षणम्–

निद्रोपेतमभिन्यासं क्षीणं विद्याद्धतौजसम् ।।२८५।।

285. Symptoms of Abhinyāsa Jvara

When a *sannipātta jvara* patient suffers from excessive sleeping, whose seven *dhātus* are weakened including the *oja dhātu* (intellect), then that condition is called as *Abhinyāsa Jvara*.

(Cakradatt)

सन्निपाते बृंहणादिनिषेधः–

सन्निपाते प्रकम्पन्तं प्रलपन्तं न बृंहयेत् । वृष्णादाहाभिभूतेषु न दद्याच्छीतलं जलम् ।।२८६।।

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286. In cases of *sannipātta jvara*, if the patient feels tremors in body and starts prattling, then he should not be served *ghṛitam*, meat and similar nutritive foods. If the patient feels thirst and burning sensation, he should not be given cold water for drinking.

स्वेदोद्गमे चूर्णप्रतिसारणम्–

स्वेदोद्गमे ज्वरे देयश्चूर्णो भृष्टकुलत्थजः ।।२८७।।

287.Treatment of the case of fever producing excess amount of sweating

If the case of fever produces excess amount of sweating (i.e. the symptoms of *pralepak* type of fever) one should sprinkle the powder of fried *kulattha* beans on patient's body. One should also rub these beans on his body.

वातपित्तोल्वणे चैव घृतं योज्यं पुरातनम् । अभङ्गाच्छमयत्याशु सन्निपातं सुदारुणम् ।।२८८।।

288. In cases of *sannipātta*, where both *vāta* and *pitta* are excessively vitiated, old *ghṛitam* can be used. Apply this *ghṛitam* on patients' upper scalp (*brahmrandhra*), hands and on his soles of feet. This application is very effective in curing severe *sannipātta*.

तत्र कारव्यादिकाथः–

कारवीरपुष्करैरण्डत्रायन्तीनागरामृताः । दशमूली शटी शृङ्गी यासभार्गीपुनर्नवाः ।।२८९।।

तुल्यामूत्रेणनिःक्वाथ्यपीताःस्रोतोविशोधनाः । अभिन्यासंज्वरंघोरमाशु घ्नन्ति समुद्धतम् ।।२९०।।

Treatment of abhinyāsa jvara

289-290. Karvyādi Kvātha:

Ingredients: *Kāravīra*, *puṣkaramūla*, root of *eraṇḍa*, *trāyamāṇā*, dried ginger, *guḍūcī*, *daśamūla*, *karcūra*, *ṣṛingī*, *durālabhā*, *bhārgī* and *punarnavā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction is very beneficial in purifying those body channels which are affected by *kapha doṣa* and helps in curing *abhinyāsa jvara* accompanied with problems associated with disordered *doṣas*.

(Cakradatt)

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मातुलुङ्गादिक्वाथः–

मातुलुङ्गाश्मभिद्बिल्वव्याघ्रीपाठोरुवूकजः । क्वाथोलवणमूत्राढ्योऽभिन्यासानाहशूलनुत् ।।२९१।।

291. Mātulungādi Kvātha:

Ingredients: *Jambīra* lemon (*mātulunga*), *pāṣāṇabheda*, bark of *bilva* tree's root, lesser *vyāghrī*, *pāṭala* and bark of *eranda's* root.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: Sprinkle cow urine and rock salt over the decoction and take it in doses of 50 ml.

Therapeutic benefits: The decoction provides relief in *abhinyāsa jvara*, *ānāha* and *śūla*.

(Cakradatt)

शृङ्ग्यादिक्वाथः–

शृङ्गीभार्ग्यभयाऽजाजी-कणाभूनिम्बपर्पटैः । देवदारुवचाकुष्ठ-यासकट्फलनागरैः ।।२९२।।
मुस्तधान्याकतिक्तेन्द्र-यवपाठाहरेणुभिः । हस्तिपिप्पल्यपामार्ग-पिप्पलीमूलचित्रकैः ।।२९३।।
विशालाऽऽरग्वधारिष्ट-शटीवाकुचिकाफलैः । विडङ्गरजनीदार्वी-यवानीद्वयसंयुतैः ।।२९४।।
समांशैर्विहितःक्वाथोहिङ्ग्वार्द्रकरसान्वितः। अभिन्यासज्वरंघोरंहन्ति तन्द्राञ्च तत्क्षणात् ।।२९५।।
प्रमेहं कर्णशूलञ्च सन्निपातांस्त्रयोदश । हिक्कां श्वासञ्च कासञ्च तथा सर्वानुपद्रवान् ।।२९६।।

292-296. Śṛingyādi Kvātha:

Ingredients: *Śṛingī*, *bhārgī*, *abhayā*, *ajājī*, *kaṇā*, *bhūnimba*, *parpaṭa*, *deva dāru*, *vacā*, *kuṣṭha*, *yāsa*, *kaṭphala*, *nāgara*, *mustā*, *dhānyaka*, *tikta*, *indrayava*, *pāṭhā*, *hareṇu*, *hasti pippalī*, *apāmārga*, *pippalīmūla*, *citraka*, *viśālā*, *āragvadha*, *śaṭī*, *vākucī*, *kaṭphala*, *viḍanāga*, *rajanī*, *dāru haridrā*, *dārvī*, both the types of *yavānī* (caraway and *ajamodā*).

Process of Drug-Making: The drug is prepared as per the decoction method. All the ingredients are taken in measure of 50 gm. each and decocted together. Finally the decoction is treated with asafoetida and ginger juice.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction of cures serious disease like *abhinyāsa*, drowsiness and anorexia. It cures all the thirteen types of *sannipāta*, swelling in the root of the ears, drowsiness, obstruction to the passage of urine, hiccup, *śavāsa* and *kāsa* (coughs).

(*Bhāvaprakāśa*)

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तत्र किरातादिकवलम्–

किराततिक्ताकुलकृत्कुलिङ्गी-कर्चूरकृष्णाकटुतैलयुक्तः ।
अम्लद्रवःसंशमयेद्रसज्ञा-दोषान्स्तुतो दाशरथिर्यथाऽत्र ।।२९७।।

297. Kirātādi Kavalam:

Ingredients: *Kirātatikta*, *kulakṛita*, *kulinjan*, *karcūra* and *pippalī* along with mustard oil and *jambīra* lemon.

Process of Drug-Making: Obtain the above ingredients in measure of 50 gm. each and pulverize them together into a fine powder. Add to it mustard oil and juices of *jambīra* lemon and other citrus materials and prepare *kalka* out of it.

Method of use/Administration: Put this *kalka* inside mouth and hold it there for as long as one can do it easily.

Therapeutic benefits: This *kalka* is known as *kirātādi* gargle. It cures all *jihvak sannipātta* problems. This medicine effects in the same fashion as devotion to god Śrī Rām destroys the lustful desires.

क्षुद्रादिविश्वादिक्वाथौ–

क्षुद्रानागरपुष्करामृतलताब्राह्मीवचासुव्रताभार्गीवासकयासतोयसुरसाक्वाथोजयेज्जिह्वकम् ।
विश्वावर्मविभावरीयुगवरावत्सादनीवारिदव्याघ्रीनिम्बपटोलपुष्करजटारुग्दारुभिर्वा कृतः ।।२९८।।

298. Kṣudrādi Kvātha and Viśvādi Kvātha:

Kṣudrādi Kvātha:

Ingredients: Lesser *kanakārī* (*kṣudrā*), dried ginger, *puṣkaramūla*, *guḍūcī*, *brāhmī*, *vacā*, *suvratā*, *bhārgī*, *aḍuṣā*, *yavāsā*, *sugandhabālā* and *tulasī* (leaves).

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients (in their fine powders) measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction cures the *jihvaka* type of *sannipātta*.

(*Bhāvaprakāśa*)

Viśvādi Kvātha:

Ingredients: Dried ginger (*viśvā*), *parpaṭī*, *haridrā*, *dāru haridrā*, *triphalā* (*āmalakī*, *haraḍa*, *vibhītaka*), *guḍūcī*, *nāgaramustā*, *vyāghrī*, *neem*, leaves of *paṭola*, *puṣkaramūla*, *kuṣṭha* and *devadāru*.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction cures *sannipātta* having effects on tongue.

(*Bhāvaprakāśa*)

वचादिक्वाथः–

वचाकवचकच्छुरासहचरामृताभङ्गुरासुराह्वघननागरातरुणदारुरास्नापुराः ।
वृषातरुणभीरुभिः सह भवन्ति सन्धिग्रहव्यथोरुजडिमक्लमभ्रमणपक्षघातद्रुहः ।।२९९।।

Treatment of Sandhika jvara

299. Vacādi Kvātha:

Ingredients: *Vacā*, *parpaṭī*, *yavāsā*, *sahacarā*, *guḍūcī*, *ativiṣā*, *devadāru*, *nāgaramustā*, dried ginger, *vṛiddhadāraka*, *rāsnā*, *guggulu*, bigger *dantī*, *eraṇḍa* and *śatāvarī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction gives relief from pain of *sannipātta*, stiffness in thighs, *klanti*, giddiness and paralysis.

(*Bhāvaprakāśa*)

मुस्तादिक्वाथः–

मुस्तैरण्डप्राणदाबाणदारुच्छिन्नारास्नाभीरुकर्चूरतिक्ताः ।
वासाविश्वापञ्चमूलाश्वगंधाहन्युर्मन्यास्तम्भसंधिग्रहार्त्तीं ।।३००।।

300. Mustādi Kvātha:

Ingredients: *Mustā*, *eraṇḍa*, *haraḍa*, blue flowered *sahacara*, *devadāru*, *guḍūcī*, *rāsnā*, *śatāvarī*, *karcūra*, *kaṭukī*, *aḍuṣā*, dried ginger (or *ativiṣā*), bigger *pañcamūla* herbs and *aśavgandhā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

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Therapeutic benefits: This decoction relieves one from *manyāstambha* and pains in joints.

(*Bhāvaprakāśa*)

अन्तकज्वर-चिकित्सा–

इहापहायव्रतमुष्णवारिज्वरादियूषादिगदापहारि ।
ज्वरच्छिदंजीवितदञ्चनित्यंमृत्युञ्जयंचेतसि चिन्तयस्व ।।३०१।।

301. Treatment of Antaka Jvara:

In cases of difficult *sannipātta*, one should forget about *langhaṇa* (fasting), warm water, fever reducing medicines and other medicinal herbs. The only way to get cure from this disease now remains meditating the name of God Mahādeva, who cures fever, who gives life and who conquers death. This means that in cases of difficult *sannipātta* only God can save the patient.

कर्पूरप्रकरावदातवपुषं संयोगमुद्राजुषंशश्वद्भक्तजनेषु भावुकजुषं भालस्फुरच्चक्षुषम् ।
संपूर्णामृतकुम्भसम्भृतकरंशुभ्राक्षमालाधरंपिङ्गोत्तुङ्गजटाकलापरुचिरं चन्द्रार्द्धमौलिं स्तुहि ।।३०२।।

302. The patients of *sannipātta* fever should worship that God Śiva who sports as white complexion as the piece of camphor, who is a great meditator, who is so kindful to his followers, who has got bright eyes, who is holding an amborasia filled pot in hand, who is wearing garland of the *rudrākṣa* beads, who is having long hair of yellow colour, who is sporting a crescent moon over his head and who is capable to defeat death itself.

षडङ्गपानीयम्–

उशीरचन्दनोदीच्य-द्राक्षाऽऽमलकपर्पटैः । शृतं शीतं जलं दद्याद् दाहतृड्ज्वरशान्तये ।।३०३।।

Treatment of morbid burning sensation

303. Ṣaḍangapānīyam:

Prepare decoction out of *uśīra*, red sandalwood, *sugandhabālā*, grapes, *āmalakī* and *parpaṭa*. When the same gets cool, give it in doses of 20 ml. To patients suffering *sannipātta jvara* accompanied with symptoms of burning sensation, morbid thirst and fever. Regular drinking of this decoction would definitely provide relief to such patients.

(*Bhāvaprakāśa*)

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लेपः–

प्रशमयतिदाहमचिराद्दधियुक्कर्कन्धुपल्लवैर्लेपः ।
लेपोहिमकरमलयजनिम्बदलैस्तक्रपिष्टैर्वा ।।३०४।।

304. Pulverize leaves of *badarī* tree in curd and apply as poultice on body. Also apply as an ointment the *kalka* of camphor, white sandalwood and *neem* leaves along with buttermilk on the effected body. This poultice gives relief from burning temprature.

(*Bhāvaprakāśa*)

अवगाहनम्–

शीताम्भसा तु शतशश्च विलोडितेन गव्येन चन्दनयुतेन घृतेन दिग्ध्वा ।
दाहज्वरी सकमलोत्पलमाल्यधारी क्षिप्रं विशेत्सलिलकोष्ठमनल्पकालम् ।।३०५।।

305. Obtain cow *ghṛitam* that has been washed with cold water for 100 times. Get *kalka* of white sandalwood and combine both of these materials. Apply this *kalka* as an ointment on the body of the patient. Following this, put a garland made up lotus and *kumodinī* flowers in the patient's neck and make him sit in a tub filled with water. After some time the patient gets relief from burning temprature.

(*Bhāvaprakāśa*)

अवगुण्ठनम्–

काञ्जिकार्द्रपटेनावगुण्ठनं दाहनाशनम् । अथ गोतक्रसंस्विन्न-शीतलीकृतवाससा ।।३०६।।

306. A patient suffering from fever accompanied with burning temprature can be covered with clothes that have been wet in *kānji* and or the one which have been boiled in cow buttermilk and subsequently dried. These clothes give relief from burning temprature.

(*Bhāvaprakāśa*)

अन्नम्–

दाहवम्यर्दितं क्षामं निरन्नं तृष्णयाऽन्वितम् । शर्करामधुसंयुक्तं पाययेल्लाजतर्पणम् ।।३०७।।

307. A patient suffering from burning temprature and vomiting, who has become weak, who is remaining without any food and is thirsty can be given *tarpaṇa* of paddy along with raw sugar and honey.

(*Bhāvaprakāśa*)

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दाहनाशका अन्येऽप्युपायाः–

वाप्यःकमलहासिन्यो जलयन्त्रगृहाः शुभाः । नार्यश्चन्दनदिग्धाङ्ग्यो दाहदैन्यहरा मताः ।।३०८।।

मुक्तावलीचन्दनशीतलानां सुगन्धपुष्पाम्बरभूषितानाम् ।

नितम्बिनीनां सुपयोधराणामालिङ्गनान्याशुहरन्तिदाहम् ।।३०९।।

308-309. Other methods to control burning temprature

The patient of burning fever can be cured by boating over ponds having numerous lotus flowers, by passing time under beautiful rooms surrounded by fountains, by putting *kalka* of white sandalwood over his body or by hugging beautiful women. The burning fever can also be controlled by wearing garland of pearls or hugging those beautiful ladies who have got strong breast and who have pasted their bodies with flowers and white sandalwood and who is wearing scented dresses.

(*Bhāvaprakāśa*)

प्रह्लादश्चास्य विज्ञाय ताः स्त्रीरपनयेत्पुनः । हितञ्च भोजयेदन्न येनाप्नोति सुखं महत् ।।३१०।।

310. When it appears that the patient of burning temperature after hugging such females feels to have sex with them, then those females should be removed away from the patient. And, the patient should be given to eat something that he really enjoys.

अथ चित्तभ्रमस्य चिकित्सायां प्रचेतनावटी (अञ्जनम्)–

कणोषणोग्रालवणोत्तमानि करञ्जबीजं प्रमदामलानि ।

पथ्याऽक्षसिद्धार्थकहिङ्गुशुण्ठीयुतानि बस्ताम्बुविमिश्रितानि ।।३११।।

पिष्ट्वा गुटीयं नयने निधेयाप्रचेतनेऽतिप्रथिताऽन्वितार्था ।

चित्तभ्रमापस्मृतिभूतदोषशिरोऽक्षिरोगभ्रमनाशहेतुः ।।३१२।।

311-312. Prachetanā vaṭī for treating giddiness

Collect *pippalī*, black pepper, *vacā*, rock salt, seed of *karañja*, fruit of *dhatūra*, *āmalakī*, *haraḍa*, *vibhītaka*, mustard, asafoetida and dried ginger. Pulverize all these materials thoroughly with urine of goat and prepare small pills. Use these pills for *añjana* application on eyes. By doing this the fainted patients of *sannipātta jvara* gain their consciousness. This medicine is known as *Anvarthanām Pracetana Vaṭī*. It also helps effectively in checking loss of memory, giddiness, demonical effects, pain in head and eyes.

(*Bhāvaprakāśa*)

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मृद्वीकादिदर्दुरदलादिक्वाथौ–

मृद्वीकाऽमरदारुमत्स्यशकलामुस्तामलक्योऽमृतापथ्याऽऽरेवतरामसेनकरजोराजीफलैः संयुताः ।
हन्युश्चित्तरुजोऽथदर्दुरदलापाठापटोलीपयः पथ्यापर्पटराजवृक्षकटुकाशम्बूकपुष्प्यः शृताः ।।३१३।।

Mṛidvīkādi dardurdalādi Kvātha:

Ingredients: *Mṛidvīkā* (grapes), *devadāru*, *kaṭukī*, *mustā*, *āmalakī*, *guḍūcī*, *haraḍa*, *āragvadha*, *kirātatikta*, *parpaṭa* and leaves of *paṭola*. Also *brāhmī*, *pāṭala*, leaves of *paṭola*, *sugandhabālā*, *haraḍa*, *parpaṭa*, *āragvadha*, *kaṭukī* and flowers of *śambūka*.

Process of Drug-Making: Prepare decoction of grapes, *devadāru*, *kaṭukī*, *mustā*, *āmalakī*, *guḍūcī*, *haraḍa*, *āragvadha*, *kirātatikta*, *parpaṭa* and leaves of *paṭola* (all taken in measurement of 50 gm. each). Also prepare decoction of *brāhmī*, *pāṭala*, leaves of *paṭola*, *sugandhabālā*, *haraḍa*, *parpaṭa*, *āragvadha*, *kaṭukī* and flowers of *śambūka* (50 gm. each).

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: Either of these decoctions are very useful in curing *sannipātta* associated with loss of memory.

(*Bhāvaprakāśa*)

सन्निपातज्वरान्तोत्थकर्णमूलशोथस्यासाध्यत्वम्–

सन्निपातज्वरस्यान्ते कर्णमूले सुदारुणः । शोथः सञ्जायते तेन कश्चिदेव प्रमुच्यते ।।३१४।।

314. Fatal case of edema in roots of ears in sannipāta jvara

During the last stage of *sannipātta jvara*, sometimes the patient gets *śotha* around the regions of ear roots. This problem mostly leads to death and only a few patients manage to overcome it.

(Cakradatt)

सन्निपातज्वरे श्रुतिमूलशोथवैशिष्ट्यम्–

ज्वरादितो वा ज्वरमध्यतो वा ज्वरान्ततो वा श्रुतिमूलशोथः ।
क्रमेण साध्यः खलु कृच्छ्रसाध्यस्ततस्त्वसाध्यः कथितो भिषग्भिः ।।३१५।।

315. Peculiarity of edema in roots of ears in sannipāta jvara

The physicians say that the *śotha* appeared during the intial stages of *sannipātta* is believed to be curable whereas the one appearing during the middle stage of fever is difficult to cure. But the cases of *sannipātta* that generates *śotha* during the last stage of *jvara* is incurable.

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कर्णमूलशोथचिकित्सा–

रक्तावसेचनैः पूर्वं सर्पिष्पानैश्च तं जयेत् । प्रदेहैः कफवातघ्नैर्वमनैः कवलग्रहैः ।।३१६।।

316. Treatment of edema in roots of ears

When a patient of *sannipātta* suffers *karṇamūla śotha*, bloodletting should be done through leeches. He should take *ghṛitam* cooked along with the *pañcatikta* herbs. Anti *kapha* and anti *vāta* drugs and herbs should be applied on the *śotha*-affected parts. *Vamana* therapy and gargle (*kavalagraha*) should also be considered for treatment. After properly diagnosing the patient, one can proceed with one, two or with all these three treatments.

(Cakradatt)

कर्णिकसन्निपातचिकित्सा–

प्रलेपस्तमस्तं नयत्यल्पमेकः समुद्रिक्तशोथश्च रक्तावशेषः ।
सपाके च शस्त्रक्रिया पूयजित्सा व्रणत्वं गते चोचिता तच्चिकित्सा ।।३१७।।

317. Treatment of the karṇik type of sannipāta jvara

If the patient of *sannipāta jvara* having growth of small sized tumour below his ears can be treated with prescribed *kalka*s only. If the tumour is painful the blood should be let out by leeches or through cupping. If the tumour has become solid and got filled with pus it should be operated upon. The wound resulting out of this surgery should be treated subsequently.

कुलत्थादिप्रलेपः–

कुलत्थकट्फलेशुण्ठीकारवी च समांशिकैः । सुखोष्णैर्लेपनं दद्यात् कर्णमूले मुहुर्मुहुः ।।३१८।।

318. Kulathyādi Pralepa:

Ingredients: *Kulattha*, *kaṭphala*, dried ginger, water and *kāravī*.

Process of Drug-Making: Take equal parts of the herbs and pulverize them along with water and heat up the preparation.

Method of use/Administration: Repeatedly apply the recipe as ointment over the *śotha*-affected parts.

Therapeutic benefits: It checks the *śotha* effectively.

Note: Here pulverizing the materials with cow urine would be considered more effective because cow urine contains additional properties capable to reduce the *śotha*.

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गैरिकादिप्रलेपः–

गैरिकपांशुजाशुण्ठीवचाकट्फलकाञ्जिकैः । कर्णशोथहरो लेपः सन्निपातज्वरे नृणाम् ।।३१९।।

319. Gairikādi Pralepa:

Obtain equal parts of *gairika*, *panśuja lavaṇa*, dried ginger, *vacā* and *kaṭphala*. Pulverize these materials with *kānji* and apply it as a poultice on *śotha*-affected parts of *sannipātta jvara* patient.

(Cakradatt)

दशमूलप्रलेपः–

सुखोष्णदशमूलेन प्रलेपोऽपि महाफलः ।।३२०।।

320. Daśamūla Pralepa:

Take equal parts of *śālaparṇī*, *praśthaparṇī*, lesser *vyāghrī*, bigger *vyāghrī*, *gokṣura*, bark of *bilva*, *śyoṇāka*, bark of *gambhārī*, *pāṭala* and bark of *araṇī*. Pulverize all these materials with *kānji* and heat up the *kalka* thus obtained. When it is pleasantly warm, apply it as a poultice on the *śotha* affected regions around ears and neck. This treatment gives relief from *śotha*.

(*Bhāvaprakāśa*)

बीजपूरकादिप्रलेपः–

बीजपूरकमूलानि अग्निमन्थं तथैव च ।
सनागरं देवदारु चव्यचित्रकपेषितम् । प्रलेपनमिदं श्रेष्ठं गले श्वयथुनाशनम् ।।३२१।।

321. Bijapūrkādi Pralepa:

Get equal parts of bark of *jambīra* lemon's (*bijapūrka*) root, bark of *araṇī*, dried ginger, *devadāru*, *cavya* and root of *citraka*. Pulverize it with *kānji* and warm the *kalka* thus obtained. When it is pleasantly warm, apply it as a poultice on the *śotha* affected regions. This gives relief from *karṇmūla śotha* and *śotha* around neck.

(Cakradatt)

भार्ग्यादिक्वाथः–

भार्गीजयापौष्करकण्टकारी कटुत्रिकोग्राघनकुण्डलीभिः ।
कुलीरशृङ्गीकटुकारसाभिः कृतः कषायः किल कर्णिकघ्नः ।।३२२।।

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322. Bhārgyādi Kvātha:

Ingredients: *Bhargī, jayā, puṣkaramūla, vyāghrī, tṛikaṭu* (dried ginger, peppar, *marica*), *vacā, nāgaramustā, guḍūcī, śṛīngī, kaṭukī* and *rāsnā.*

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: Drink this decoction to get definite relief from *karṇik* type of *sannipāta jvara.*

(*Bhāvaprakāśa*)

कण्ठकुब्जचिकित्सायां फलत्रिकादिक्वाथः–

फलत्रिकत्र्यूषणमुस्तकट्वी-कलिङ्गसिंहाननशर्वरीभिः ।
क्वाथः कृतः कृन्तति कण्ठकुब्जंकण्ठीरवःकुञ्जरमाशुतद्वत् ।।३२३।।

323. Phalatṛikādi Kvātha:

Ingredients: *Tṛiphalā* (*haraḍa, vibhītaka, āmalakī*), dried ginger, pepper, *marica, mustā, kaṭukī, indrayava, aḍuṣā* and *haridrā.*

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction cures *kaṇṭhakubjak sannipātta* very effectively. Its cures the disease the same way as a lion kills elephant.

(*Bhāvaprakāśa*)

किरातकादिक्वाथः–

किरातकटुकाकणाकुटजकण्टकारीशटीकलिद्रुकिलिमाभयाकटुककट्फलाम्भोधरैः ।
विषाऽऽमलकपुष्करानलकुलीरशृङ्गीवृषैर्महौषधसखैरयं जयति कण्ठकुब्जं गणः ।।३२४।।

324. Kirātakādi Kvātha:

Ingredients: *Kirāta, kaṭukī*, pepper, *indrayava, vyāghrī, karcūra, vibhītaka, devadāru, haraḍa, marica, kaṭphala, mustā, ativiṣa, āmalakī, puṣkaramūla, citraka, śṛīngī, aḍuṣā* and dried ginger.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The lukewarm decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction is very helpful in curing *Kaṇṭhakubja sannipāṭhā jvara.*

(*Bhāvaprakāśa*)

सन्निपातरोगिणां पथ्यम्–

पञ्चमुष्टिकयूषेण त्रिकण्टककृतेन वा । आदोषशमनात्पथ्यं त्रिकण्टेनैव साधयेत् ।।३२५।।

325.Dietary Regulations for the patients of Sannipāta:

Ṭrikanṭaka (i.e. *gokṣura*, *kañṭakārī*, *durālabhā*) and *gokṣaru* are known as *ṭrikañṭakavācya* herbs. Take all these three herbs along with *vakṣayamāṇa* (sited ahead) *Pañcamṣṭika* herbs including *yava*, *badarī* (jujbe fruit), *kulattha*, *mudgraparṇī* and *āmalakī*. Prepare decoction of these materials and obtain *yavāgū* and *peya* from it. Serve this preparation to the patient of *sannipātta*. This recipe should be given repeatedly to the patient unless he feels better. One can also obtain *yavāgū* from the decoction of *ṭrikañṭaka* and give it to patient.

पञ्चमुष्टिकयूषः–

यवकोलकुलत्थानां मुद्गमूलकशुण्ठयोः । एकैकं मुष्टिमाहृत्य पचेदष्टगुणे जले ।।३२६।।
पञ्चमुष्टिक इत्येष वातपित्तकफापहः । शस्यते गुल्ममूले च श्वासे कासे च शस्यते ।।३२७।।

326-327. Pañcamṣṭika Yūṣa:

Ingredients: *Yava* (barley), *kola* (berry), *kulattha*, *mudga*, *mudgaparṇī*, water and *āmalakī*.

Process of Drug-Making: Take 1 *pala* (48 gm.) each of these materials in water measuring eight times greater than the combined weight of the above materials (i.e. 400 ml.). Cook the same until the original quantity is reduced to half. This preparation is known as *Pañcamuṣṭikā Yūṣa*.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: It cures fever caused due to *vāta*, *pitta* and *kapha* disorders. It also checks *gulma*, *śūla*, asthma and *kāsa* (coughs).

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अथागन्तुज्वराणां चिकित्सामाह–

आगन्तुजे ज्वरे नैव नरः कुर्वीत लङ्घनम् ।।३२८।।

328. In cases of *agantuj* fever, the patient should not go for *langhaṇa* (fasting).

(*Bhāvaprakāśa*)

अन्यच्च–

लङ्घनं न हितं काम-शोकचिन्ताप्रहारजे । भयभूतश्रमक्रोध-लङ्घनैश्च कृते ज्वरे ।।
किन्त्वग्नौ दीपिते तत्र दद्यान्मांसरसौदनम् ।।३२९।।

329. It is also added that one should avoid *langhaṇa* (fasting) if the fever is caused due to excessive intercourse, sorrow, worry, hit by a thick wood, fear, demons, labourious work, anger and *langhaṇa* (fasting). If the patient is having good digestive power then he should be given meat soup along with rice.

(*Bhāvaprakāśa*)

अभिघातज्वरेकुर्यात् क्रियामुष्णविवर्जिताम् । कषायं मधुरं स्निग्धं यथादोषमथापि च ।।३३०।।

330. In cases of injury generated fever, the patient should not be given hot treatment. Depending on the concentration of *doṣas*, bitter, sweet and oily materials should be served.

अभिघातज्वरो नश्येत् पानाभ्यङ्गेन सर्पिषः । क्षतानां व्रणितानां च क्षतव्रणचिकित्सया ।।३३१।।

331. The fever generated by injury of arms, pebble, stones pieces can be treated by ointmenting it with *ghṛitam* decocted with herbs that are noted as anti-fever. One can also drink medicated *ghṛitam* simply. The fever caused by treatment of wound or injury can also be cured by the treatment of the wound as well.

(Cakradatt)

अभिचाराभिशापोत्थौ ज्वरौ होमादिना जयेत् । दानस्वस्त्ययनातिथ्यैरुत्पातग्रहपीडजौ ।।३३२।।

332. One should perform rituals, repentance, and austerity to get rid of fever that has been caused by sorcery or by getting condemned by respectable priests, preachers, eldery, saints or ladies of high character (the *patīvratas* who are faithful to their husband). The fever caused by lightening or due to adverse constelliatory

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periods can be treated by ritualistic donation of cows, chanting holy hymns from sacred scriptures like the *Vedas*, showing honour and respect to visitors and saints.

(Cakradatt)

ओषधिगन्धविषजौ विषपित्तप्रबाधनैः । जयेत् कषायैर्मतिमान् सर्वगन्धकृतैर्भिषक् ।।३३३।।

333. The fever that has been generated by strong aromatic herbs or by poisoning can be treated by the use of anti poisonous herbs and the drugs that checks *pitta* content of the body. Optionally, it can be cured by decoction of herbs of *Elādi* group (as suggested by Suśruta).

(Cakradatt)

क्रोधजेपित्तजित्काम्या अर्थाः सद्वाक्यमेव च । आश्वासेनेष्टलाभेन वायोः प्रशमनेन च ।।३३४।।
हर्षणैश्च शमं यान्ति कामशोकभयज्वराः । कामात् क्रोधज्वरो नाशंक्रोधात् कामसमुद्भवः ।।
याति ताभ्यामुभाभ्यान्तु भयशोकसमुद्भवः ।।३३५।।

334-335. To check the fever generated by anger one should take those medicines which eliminates the vitiated content of *pitta*. The patient of such fever should be offered objects desired by him and should be consoled with comfortable statements. The causes of his anger should also be removed. It is also effective to use those herbs that control *vāta*. Delighting the mood of patient is also effective in checking fevers that has been caused due to unfulfilled lust, grief and fear. Obtaining the desired ends can control the fever raised by unfulfilled lust. Getting the desired object can also eliminate the fever caused by anger. The fever that has been raised by fever or grief is automatically controlled by fever caused due to unfulfilled lust and anger.

(Cakradatt)

भूतविद्यासमुद्दिष्टैर्वन्धावेशनताडनैः । जयेद्भूताभिषङ्गोत्थं मनःसान्त्वैश्च मानसम् ।।३३६।।

336. The method to control fever caused by antogonastic demons and like celestial elements is treated by binding such agents by chanting of powerful spells and by beating up the patient (it is believed that the beating does not effect the patient and it only injures the malevolent agent forcefully housing inside the patient's body). The mental fever can be checked by consoling the patient through making him enlightened by wise sayings and by gain of patience.

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कामज्वरचिकित्सा–

बालकंशतपत्राणि गन्धसारमुशीरकम् । चोचं धानेयकं भांसी क्वाथः कामज्वरापहः ।।३३७।।
सन्ध्यायांसंस्तरःकार्यःसुगन्धैःकुसुमैर्भृशम् । क्रीडनीयस्वकान्तेन सह रात्रौ तथा स्त्रिया ।।३३८।।

337-338. Prepare decoction of *sugandhabālā*, lotus, white sandalwood, *uśīra*, cinnamon bark, coriander seeds and *jaṭāmānsī*. Raise 50 gm. of their combination by taking them in equal parts. Drinking this decoction would relieve one from fever. If a lady is having fever due to unfulfilled lust (*kāmajvara*), make her lie on a bed of scented flowers in evening. Let she have intercourse with her partner. In this way the *kāmajvara* can be cured.

(*Bhāvaprakāśa*)

भूतज्वरचिकित्सा–

सहदेवाया मूलं विधिना कण्ठे निबद्धमपहरति । एकद्वित्रिचतुर्भिर्दिवसैर्भूतज्वरं पुंसाम् ।।३३९।।

339. Methodologically tie root of *sahadevī* to the neck of a patient suffering from *bhūtabhiṣangajanya jvara* (fever created by the malevolent supernatural elements like the demons or by the sorcery). The fever will be cured within one, two or four days period.

विषमज्वरसामान्यचिकित्सा–

ज्वराश्चविषमाःसर्वे सन्निपातसमुद्भवाः । यथोल्बणस्य दोषस्य तेषु कार्यं चिकित्सितम् ।।३४०।।
विषमेष्वपि कर्त्तव्य-मूर्ध्वञ्चाधश्च शोधनम् । स्निग्धोष्णैरन्नपानैश्च शमयेद्विषमज्वरम् ।।३४१।।

340-341. The *viṣam jvara* is generated by disorders in *doṣas*. Therefore, one should first treat those *doṣa* that has been vitiated the most. During the treatment of this type of fevers measures like *vamana* (emetic) and *virecana* (purgative) therapies are also prescribed. The fever can also be controlled by taking oily and warm meals and drinks.

वातप्रधानं सर्पिर्भिर्वस्तिभिः सानुवासनैः । विरेचनं न पयसा सर्पिषा संस्कृतेन च ।।३४२।।
विषम च तिक्तशीतैर्ज्वरं पित्तोत्तरं जयेत् ।
वमनं पाचनं रूक्षमन्नपानं च लङ्घनम् । कषायोष्णञ्च विषमे ज्वरे शस्तं कफोत्तरे ।।३४३।।

342-343. The *viṣam jvara* that has been dominated by *vāta* can be checked by administration of *sneha basti* or intake of *ghṛitam*. In the *viṣam jvara* dominated by *pitta*, one should prescribe drinking of milk and *ghṛitam* decocted with purgative herbs. During the medication one should take bitter and such meals that

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have cold property. Similarly, in cases of *viṣam jvara* dominated by *kapha* one should opt for the *vamana* therapy and *langhaṇa* (fasting). It is also helpful to take the non-oily and easy to digest meals and decoction of such herbs that contains hot property.

महौषधादिक्वाथः–

महौषधग्रन्थिकतालपर्णीमार्कण्डिकाऽरग्वधबालपथ्याः ।
सक्षारमेषां विषमज्वरे च हितं शृतं पाचनरेचनं च ।।३४४।।

344. Mahauṣadhādi Kvātha:

Ingredients: Dried ginger, *pippalīmūla*, *tālaparṇī*, *mārkaṇḍikā*, *āragvadha*, *sugandhabālā*, *haraḍa* and *yavakṣāra*.

Process of Drug-Making: The drug is prepared as per the decoction method.

Method of use/Administration: Sprinkle *yavakṣāra* on this decoction of the rest of the ingredients and take it.

Therapeutic benefits: This decoction cures *viṣam jvara* and promotes digestive power and serves as a laxative.

पटोलादिक्वाथः–

पटोलयष्टीमधुतिक्तरोहिणीघनाभयाभिर्विषमज्वरघ्नः ।
कृतः कषायस्त्रिफलाऽमृतावृषैःपृथक् पृथग्वा विषमज्वरापहः ।।३४५।।

345. Paṭolādi Kvātha:

Ingredients: *Paṭola* leaves, *madhuyaṣṭī*, *kaṭukī*, *mustā* and *haraḍa*. Also make decoction of *haraḍa*, *āmalakī*, *vibhītaka*, *amṛitā* and *aḍuṣā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: The decoction provides relief from *viṣam jvara*.

(*Gadanigraha*)

मधुकादिक्वाथः–

मधुकंचन्दनं मुस्तं धात्री धान्यमुशीरकम् । छिन्नोद्भवं पटोलञ्च क्वाथः समधुशर्करः ।।३४६।।
ज्वरमष्टविधं हन्ति सन्तताद्यं सुदारुणम् । वातिकं पैत्तिकञ्चैव श्लैष्मिकं सान्निपातिकम् ।।३४७।।

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346-347. Madhukādi Kvātha:

Ingredients: *Madhuka*, red variety of sandalwood, *musta*, *āmalakī*, coriender seeds, *guḍūcī*, *uśīra* and *paṭola* along with sugar and honey.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: Treat the recipe with sugar and honey and take it in doses of 50 ml.

Therapeutic benefits: It gives relief from all the eight kinds of fever and such indispositions as the santata type of *viṣamajvara* and the *sannipātta* i.e. fever caused due to disorder in the *vāta*, *pitta* and *śleṣma*.

मुस्तादिक्वाथः–

मुस्तामलकगुडूचीविश्वौषधकण्टकारिकाक्वाथः।पीतःसकणाचूर्णःसमधुर्विषमज्वरंहन्ति ।।३४८।।

348. Mustādi Kvātha:

Ingredients: *Musta*, *āmalakī*, *guḍūcī* (stem), dried ginger (*śunṭhī*) and *kaṅṭakārī* along with *pippalī* and honey.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients measuring 50 gm. each.

Method of use/Administration: It should be taken in doses of 50 ml. after mixing powder of *pippalī* and honey to it.

Therapeutic benefits: The patient of *viṣam jvara* gets relief from this medicine.

(Cakradatt)

महाबलादिक्वाथः–

महाबलामूलमहौषधाभ्यां क्वाथो निहन्याद्विषमज्वरञ्च ।
शीतं सकम्पं परिदाहयुक्तं विनाशयेद् द्वित्रिदिनप्रयुक्तः ।।३४९।।

349. Mahābalādi Kvātha:

Ingredients: *Mahābalā* and dried ginger.

Process of Drug-Making: The drug is prepared as per the decoction method.

Method of use/Administration: The patient should consume this decoction for two to three days.

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Therapeutic benefits: This decoction is very effective in curing *viṣam jvara* accompanied with cold, shivering and burning sensation in body.

(*Bṛ.Ni.Ratn.*)

स्वल्पभार्ग्यादिक्वाथः–

भार्ग्यब्दपर्पटकधान्ययवासविश्वभूनिम्बकुष्ठकण (णा) सिंह्यमृताकषायः ।।
जीर्णज्वरं सततसन्ततकान्यघस्रोद्भूतं तृतीयकचतुर्थकसंयुतं स्येत् ।।३५०।।

350. Bhārgyādi Kvātha (Svalpa, i. e. initial variety):

Ingredients: *Bhārgī*, *mustaka*, *parpaṭaka*, coriender seeds, *yavāsā*, dried ginger (*śunṭhī*), *bhūnimba*, *kuṣṭha*, *pippalī*, small *kañṭakārī* and *guḍūcī*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This medicine is effective in checking various kinds of fevers including the *viṣam jvara*, *satata*, *santataka*, *anyedyūṣaka* fever, *tṛitīyaka* and *caturthaka* types.

(*Yo. Ratn.*)

मध्यभार्ग्यादिक्वाथः–

भार्ग्यब्दपर्पटकपुष्करशृङ्गवेर–पथ्याकणाह्वदशमूलकृतः कषायः ।
सद्यो निहन्ति विषमज्वरसन्निपातजीर्णज्वरश्वयथुशीतकवह्निसादान् ।।३५१।।

351. Bhārgyādi Kvātha (Madhya, i.e. middle level):

Ingredients: *Bhārgī*, *mustā*, *parpaṭaka*, *puṣkaramūla*, dried ginger (*śunṭhī*), *harītakī*, *pippalī* and the herbs of *Daśamūla* group [*bilva* (bark/root), *agnimantha* (bark/root), *śyoṇāka* (bark/root), *paṭala*, *śālaparṇī*, *priśniparṇī*, *gokṣura*, *bṛihatī* (*bṛihat kañṭakārī*), *kṣudra* (*laghu kañṭakārī*) and *gambhārī*.]

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: The decoction is taken in doses of 50 ml.

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Therapeutic benefits: The medicine has proved useful to treat cases of the *viṣam jvara*, *sannipātta* fever (*jvara*), chronic fever (*jīrṇajvara*), *śotha* (oedema), *śita* (cold) and *agnimāndya* (diminished appetite).

बृहद्भार्ग्यादिक्वाथः–

भार्गीपथ्याकटुःकुष्ठं पर्पटं मुस्तकं कणा । अमृता दशमूलञ्च नागरं क्वाथयेद्भिषक् ।।३५२।।
हन्ति धातुगतं सर्वं बहिःस्थं शीतसंयुतम् । सतताद्यं ज्वरं घोरं मन्दाग्नित्वमरोचकम् ।।३५३।।
प्लीहानं यकृतं गुल्मं श्वयथुञ्च विनाशयेत् । एष भार्ग्यादिको नाम सर्वज्वरहरः परः ।।३५४।।

352-354. Bhārgyādi Kvātha (Major variety):

Ingredients: *Bhārgī*, *harītakī*, *kaṭuka*, *kuṣṭha*, *parpaṭa*, *mustaka*, *pippalī*, *guḍūcī*, dried ginger (*śunṭhī*) and each of the *daśamūla* herbs.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: This decoction cures one of several types of fever including the *bahirvega*, *śītopeta* (associated with shivering and cold) and *satata* varieties of fever and other indispositions such as the diminished appetite (*mandāgni*), anorexia (*aruci*), *plīhāroga* (enlargement of spleen), *yakṛidvikāra* (enlargement of liver), *gulma*, *śotha* (oedema) and other diseases. This formulation is famous for alleviating all types of fever as well.

दास्यादिक्वाथः–

दासीदारुकलिङ्गलोहितलताश्यामाकपाठाशटी
शुण्ठ्यौशीरकिरातकुञ्जरकणात्रायन्तिकापद्मकैः ।
वज्रीधान्यकनागराब्दसरलैः शिग्रुवम्बुसिंहीशिवा
व्याघ्रीपर्पटदर्भमूलकटुकानन्ताऽमृतापुष्करैः ।।३५५।।
धातुस्थं विषमं त्रिदोषज नितं चैकाहिकं द्व्याहिकं-
कामाच्छोकसमुद्भवञ्च विविधं यच्छर्द्दियुक्तं नृणाम् ।
पीतो हन्ति क्षयोद्भवं सततकं चातुर्थकं भूतजं-
योगोऽयं मुनिभिः पुरा निगदितो जीर्णज्वरे दुस्तरे ।।३५६।।

355-356. Dasyādi Kvātha:

Ingredients: *Dāsi* (*nīlajhinṭi*), *dāru* (*devadāru*), *kalinga* (*indrayava*), *lohitlatā* (*manjiṣṭhā*), *śyamalatā* (*kṛiṣṇa sārivā*), *pāṭhā*, *śaṭī*, dried ginger (*śunṭhī*), *uśīra*,

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kirātatikta, *gajapippalī*, *trāyamāṇā*, *padmaka*, *vajrī* (*asthisamhāra*), *dhānyaka*, *nāgara*, *musta*, *sarala*, *śigru*, *netrabālā*, *bṛihatī*, *harītakī*, *kṣudra kaṅṭakārī*, *kaṅṭakārī*, *parpaṭa*, *darbha*, *kaṭuka*, *anantamūla*, *amṛitā* and *puṣkaramūla*. [The formula repeats the mention of herbs *nāgara* (dried ginger) and *mustaka*. It should mean that these herbs are to be taken in two parts while the rest are to be taken in one part only.]

Process of Drug-Making: The drug is prepared as per the decoction method.

Therapeutic benefits: The decoction is effective in treating various types of fever including the *viṣam jvara*, *sannipātta* fever (*sannipātika jvara*), *tṛidoṣa* fever and various types of *śokaja* (generated by grief), *kāmaja* (generated by unfulfilled lust), *kṣayaja* (generated by consumption), *bhūtaja* (generated by demonical effects) fevers and specifically the chronic fever (*jīrṇajvara*).

(*Bṛ. Yo. Ratn.*)

दार्वीक्वाथमाह–

दार्वीकालिङ्गमञ्जिष्ठाव्याघ्रीदारुगुडूचिकाः । भूधात्री पर्पटं श्यामा तगरं करिपिप्पली ।।३५७।।
क्षुद्रानिम्बंघनंव्याधिर्नागरंपद्मकं शटी । रामाऽऽटरूषः सरलं त्रायमाणाऽस्थिसन्धिकम् ।।३५८।।
भूनिम्बारुष्करंपाठाकुशः कटुकरोहिणी । मागधी धान्यकं चेति क्वाथं मधुयुतं पिबेत् ।।३५९।।
वातिकंपैत्तिकञ्चापि श्लैष्मिकं सान्निपातिकम् । द्वन्द्वजं विषमं घोरं सतताद्यं सुदारुणम् ।।३६०।।
अन्तःस्थञ्चबहिःस्थञ्चधातुस्थञ्च विशेषतः । सर्वज्वरं निहन्त्याशु तथा च दैर्घरात्रिकम् ।।३६१।।
शीतंकम्पंभृशं दाहं कार्श्यं घर्मस्रुतिं वमिम् । ग्रहणीमतिसारञ्च कासं श्वासं सकामलम् ।।३६२।।
शोषं हन्यात्तथा शोथं मन्दाग्नित्वमरोचकम् । शूलमष्टविधं हन्ति प्रमेहानपि विंशतिम् ।।३६३।।
प्लीहानमग्रमांसञ्चयकृतञ्चहलीमकम् । पृथग् दोषांश्च विविधान् समस्तान् विषमज्वरान् ।।
तान् सर्वान्नाशयत्याशु वृक्षमिन्द्राशनिर्यथा ।।३६४।।

357-364. Ḍārvī Kvātha:

Ingredients: *Dāruharidrā*, *indrayava*, *manjiṣṭhā*, *vyāghrī*, *devadāru*, *guḍūcī*, *bhumyāmalakī*, *parpaṭa*, *śyāmā*, *tagara*, *gajapippalī*, *kṣudra kaṅṭakārī*, *nimba* (bark), *mustaka*, *kuṣṭha*, dried ginger (*nāgara*), *padmaka*, *śaṭī*, *rāmātaruśa* (a variety of *aḍuṣā*), *sarala*, *trāyamāṇā*, *asthisamhāra*, *bhūnimba*, *bhallātaka*, *pāṭhā*, *kuśa* (root), *kaṭuka*, *pippalī* and *dhānyaka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

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Method of use/Administration: The decoction is taken in doses of 50 ml. along with honey.

Therapeutic benefits: This medicine has proved effective in treating various conditions of fever and related ailments, such as *viṣama jvara*, fever caused due to *vāta, pitta, śleṣma, sannipāta*, by combined disorder of the *vāta* and *pitta*, *vāta* and *kapha* and *pitta* and *kapha*, the *satata*, *santata*, *ekāhikā*, *dvāyahika*, *tṛitīyaka*, *caturthaka*, *anyedyuṣka*, *antastha*, *bahistha*, *dhātugata*, *dīrgharātṛika* and other types of fever. The medicine is also effective in other indispositions like *śīta*, *kampa*, *dāha*, *kṛiśatā* and *atisveda* associated with the fever. It has also been effective in checking such diseases as vomitting tendencies (*vamana*), *grahaṇī*, diarrhoea (*atisāra*), anorexia (*aruci*), diminished appetite (*agnimāndya*), colic pain of eight types (*aṣṭavidha śūla*), enlargement of spleen and liver (*plīhā*, *yakṛidroga*), jaundice (*kāmalā*), anemia (*halīmaka*), kinds of *prameha* (i.e. urinary disorders including diabetes), coughs, bronchitis (*śvāsa*), edema (*śotha*), *śoṣa* (consumption) and the like. The medicine is as powerful in eliminating diseases as the *vajra* of God Indra is in felling trees.

पटोलादिक्वाथः (ऐकाहिकज्वरे)–

पटोलारिष्टमृद्वीकाश्यामाकत्रिफलावृषम् । क्वाथ ऐकाहिकं हन्ति शर्करामधुयोजितः ।।३६५।।

365. Paṭolādi Kvātha:

Ingredients: *Paṭola* (leaves), *nimba* (bark), *mṛidvikā*, *śyamalatā* (*śyāmāka*), *tṛiphalā* herbs (*harītakī*, *vibhītaka* and *āmalakī*) and *aḍuṣā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Add up *śarkara* (sugar) and *madhu* (honey) to the decoction and consume it in doses of 50 ml.

Therapeutic benefits: It cures the *aikāhika* type of fever.

गुडूच्यादिक्वाथः–

गुडूचीनिम्बधात्रीणां कषायं वा समाक्षिकम् । पिबेत्प्रातस्ततस्तत्स्याद्विषमज्वरनाशनम् ।।३६६।।

366. Guḍūcyādi Kvātha:

Ingredients: *Gudūcī*, bark of *neem* tree's root and *āmalakī*.

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Add honey to the decoction and drink it in doses of 50 ml. during morning hours.

Therapeutic benefits: This decoction is very beneficial in curing *viṣama jvara*.

क्वाथपञ्चकं सन्ततादिज्वरेषु–

कलिङ्गकं पटोलस्य पत्रं कटुकरोहिणी । किंचित्क्षौद्रेण संयुक्तं पिबेत् सन्ततके ज्वरे ।।३६७।।
पटोलं शारिवा मुस्तं पाठा कटुकरोहिणी । क्वाथं कृत्वा पिबेन्नूनं सततज्वरपीडितः ।।३६८।।
निम्बंपटोलंमृद्वीकात्रिफला मुस्तवत्सकौ । एषां क्वाथो विनिर्णीतोऽन्येद्युष्कज्वरदारणः ।।३६९।।
किराततिक्तममृता चन्दनं विश्वभेषजम् । एषां क्वाथो हरेत् प्रातः पीतो ज्वरतृतीयकम् ।।३७०।।
गुडूच्यामलकं मुस्तमेषां क्वाथस्तु सेवितः । चातुर्थकं घोरतरं ज्वरं हन्ति न संशयः ।।३७१।।

367-371. Kvātha Pañcakam:

This is a group of five recipes of decoction as follows:

1. The decoction of *indrayava* (seeds), *paṭola* (leaves) and *kaṭuka* (root) mixed with little honey helps in *santataka* type of fever.

2. The decoction of *paṭola* (leaves), *śārivā* (root), *mustaka*, *triphalā* herbs (*harītakī*, *vibhītaka* and *āmalakī*), *mustaka* (root) and *kuṭaja* (seeds) checks *satataka* type of fever.

3. The decoction of *nimba* (bark), *paṭola* (leaves), *mṛidvīkā*, *triphalā*, *mustaka* (root) and *kuṭaja* (seeds) controls *anyedyūṣaka* type of fever.

4. The decoction of *kirātatikya* (plant), *amṛitā* (stem), *raktacandana* (red sandalwood powder) and dried ginger (*śunṭhī*) eliminates *tritīyaka* (tertian) type of fever.

5. The decoction of *guḍūcī* (stem), *āmalakī* (fruit part) and *musta* (root) effectively treats the *caturthaka* (quartan) type of fever.

(Cakradatt)

महौषधादिक्वाथः–

महौषधामृतामुस्तचन्दनोशीरधान्यकैः । क्वाथस्तृतीयकं हन्ति शर्करामधुयोजितः ।।३७२।।

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372. Mahauṣadhādi Kvātha:

Ingredients: Dried ginger (*Mahauṣadhi*), *amṛitā*, *musta*, *raktacandana*, *uśīra* and *dhānyaka*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Take this decoction lukewarm in doses of 50 ml. along with honey.

Therapeutic benefits: It performs prompt effect in *tṛitīyaka* (tertian) fever.

(Cakradatt)

तत्रैवोशीरादिक्वाथः–

उशीरं चन्दनं मुस्तं गुडूची धान्यनागरम् ।
अम्भसा क्वथितं पेय शर्करामधुयोजितम् । ज्वरे तृतीयके देय तृष्णादाहसमन्विते ।।३७३।।

373. Uśīrādi Kvātha:

Ingredients: *Uśīra*, *raktacandana*, *musta*, *guḍūcī*, *dhānyaka* and dried ginger (*nāgara*).ss

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Add honey and jaggery to this decoction and consume it lukewarm in doses of 50 ml.

Therapeutic benefits: It gives effective relief to the patient of *tṛitīyaka* (tertian) fever associated with burning sensation and excessive thirst.

(*Bhāvaprakāśa*)

चातुर्थके वासादिक्वाथः–

वासाधात्रीस्थिरादारुपथ्यानागरसाधितः । सितामधुयुतः क्वाथश्चातुर्थकविनाशनः ।।३७४।।

374, Vāsādi Kvātha:

Ingredients: *Vāsā*, *āmalakī*, *śālaparṇī*, *devadāru*, *harītakī* and dried ginger (*śunṭhī*).

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Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Add sugar and honey to this recipe and consume it lukewarm in doses of 50 ml.

Therapeutic benefits: It is recommended in treatment of *caturthaka* (quartan) type of fever.

(Cakradatt)

मुस्तादिक्वाथः–

मुस्तापाठाशिवाक्वाथोज्वरंचातुर्थकंहरेत् । दुग्धेन त्रिफला पीता हन्ति चातुर्थकं ज्वरम् ।।३७५।।

375. Mustādi Kvātha:

Ingredients: *Mustā*, *pāṭhā* and *haraḍa* or *tṛiphalā* herbs.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Consume it lukewarm in doses of 50 ml.

Therapeutic benefits: It cures the *caturthaka* (quartan) type of fever.

पथ्यादिक्वाथः–

पथ्यास्थिरानागरदेवदारुधात्रीवृषैरुत्क्वथितः कषायः ।
सितोपलामाक्षिकसंप्रयुक्तश्चातुर्थकंहन्त्यचिरेण पीतः ।।३७६।।

376.Pathyādi Kvātha:

Ingredients: *Haraḍa*, *śāli parṇī*, dried ginger, *devadāru*, *āmalakī* and *aḍuṣā* leaves.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Add sugar and honey to this recipe and consume it lukewarm in doses of 50 ml.

Therapeutic benefits: This is very beneficial in treating *caturthaka* (quartan) type of fever.

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(*Gadanigraha*)

विषमज्वरादिषु अजाजीगुडयोगः–

अजाजीगुडसंयुक्ता विषमज्वरनाशिनी । अग्निसादं जयेत् सम्यग् वातरोगांश्च नाशयेत् ।।३७७।।

377. AjājīPrayoga:

Fry the *ajājī* (black cumin seeds) in an iron pan. Take 5 gm. measure of this fried cumin seeds and mix it with jaggery (*guḍa*) in equal quantity. It is effective in checking *viṣam jvara*, diminished appetite (*agnimāndya*) and various kinds of *vāta* disordres.

(Cakradatt)

रसोनकल्कः–

रसोनकल्कं तिलतैलमिश्रं-योऽश्नाति नित्यं विषमज्वरार्तः ।
विमुच्यते सोऽप्यचिराज्ज्वरेण वातामयैश्चापि सुघोररूपैः ।।३७८।।

378. Rasona Kalka:

Ingredients: Garlic (*rasona*) and *tila* (sesame) *taila*.

Process of Drug-Making: Prepare a *kalka* of garlic (*rasona*) taken in measure of half to one *karṣa* (6 to 12 ml.). Add to it *tila taila* in measurement double to the *rasona*.

Therapeutic benefits: It alleviates severe type of *viṣam jvara* as well as *vātaroga*.

(Cakradatt)

गुडप्रगाढां त्रिफलां पिबेद्वा विषमार्दितः ।।३७९।।

379. The decoction of *triphalā* (*harītakī*, *vibhītaka* and *āmalakī*) mixed with *guḍa* (jaggery) should be given to patient suffering from *viṣam jvara*.

(Cakradatt)

दीर्घपत्रककर्णादियोगः–

दीर्घपत्रककर्णाख्य-नेत्रं खदिरसंयुतम् । ताम्बूलैस्तद्दिने भुक्तं प्रातर्विषमनाशनम् ।।३८०।।

380. Dīrghpatrakākarṇādi Yoga:

Ingredients: Root of plant *Dīrghpatrakākarṇa* (which occurs in dry land-arid zone-and possesses long leaves) and *khadirasara* (catechu).

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Process of Drug-Making: The root of plant *dīrghpatrakākarṇa* (which possesses long leaves and which occurs in dry land-arid zone) should be powdered and mixed with *khadirasara* (catechu).

Method of use/Administration: It should be put between betel leaves (*tāmbūla*) and chewed in morning.

Therapeutic benefits: It alleviates the *viṣam jvara*.

(Cakradatt)

ज्वरघ्ना विविधा योगाः–

प्रातःप्रातः ससपिर्वा रसोनमुपयोजयेत् ।
पिप्पलीवर्द्धमानंवापिबेत्क्षीरररसाशनः। षट्पलंवापिबेत् सर्पिः पथ्यां वा मधुना लिहेत् ।।३८१।।

381. Different types of the anti-fever recipes

In morning one should take *ghṛitam* along with garlic pearls or one can take milk or meat soup and take 3, 5 or 7 peppers for 11 or 21 days. One should increasing the dosage each day upto the middle point. Later on decrease the dosage similarly. Optionally, one can use the *śatapala ghṛit* or one can lick the powder of *vibhītika* along with honey.

(Cakradatt)

पयस्तैलं घृतं चैव विदारीक्षुरसं मधु । संमूर्च्छ्य पाययेदेतद् विषमज्वरनाशनम् ।।३८२।।

382. For *viṣam jvara* one should take a combination of warmed milk, oil, *ghṛitam*, *vidārīkanda*, juice of sugar cane and honey. In this prescription the *vidārīkanda* and other ingredients should be taken in one part each while the warmed milk is to be taken in eight parts.

(Cakradatt)

पिप्पल्यादिक्षीरयोगः–

पिप्पलीशर्करा क्षौद्रं घृतं क्षीर यथाबलम् । खजेन मथितं पेयं विषमज्वरनाशनम् ।।३८३।।

383. Pippalyādi Kṣīra Yoga:

Ingredients: *Pippalī*, raw sugar, *ghṛitam*, warm milk and honey.

Process of Drug-Making: Churn the *pippalī*, raw sugar, *ghṛitam*, warm milk and honey together.

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Method of use/Administration: One should take this preparation as per one's capacity.

Therapeutic benefits: It alleviates the *viṣama jvara*.

(Cakradatt)

वृषदंशवृषशकृत्प्रयोगौ–

पयसा वृषदंशस्य शकृद्वेगागमे पिबेत् । वृषस्य दधिमण्डेन सुरया वा ससैन्धवम् ।।३८४।।

384. Before fever rises the patient should be served with milk added with the dung of cat or buttermilk added with dung of ox and rock salt.

(Cakradatt)

विषमज्वरहररेचनम्–

नीलिनीमजगन्धां च त्रिवृतां कटुरोहिणीम् । पिबेज्ज्वरस्यागमने स्नेहस्वेदोपपादितः ।।३८५।।

385. The cases of *viṣam jvara* should be first treated with *snehan* (oleication) and *svedana* (fomentation) therapies. If the fever is continuing one should take decoction of *nīlinī*, *ajagandhā*, *tṛivṛit* and *kaṭukī*.

(Cakradatt)

विषमज्वरे पथ्यम्–

सुरां समण्डां पानार्थं भक्ष्यार्थं चरणायुधान् । तित्तिरांश्च मयूरांश्च प्रयुञ्ज्याद्विषमज्वरे ।।३८६।।

386. The patient of *viṣam jvara* should take liquor and meat of chicken, partridge and deer.

(Cakradatt)

विषमज्वरघ्नमञ्जनम्–

सैन्धवं पिप्पलीनां च तण्डुलाःसमनःशिलाः । नेत्राञ्जनं तैलपिष्टं विषमज्वरनाशम् ।।३८७।।

387. The *viṣam jvara* is controlled by applying as a collyriam the sesame oil based *kalka* of rock salt, grains of peppar, purified *manahśilā*.

(Cakradatt)

अथ मूलिकाधारणाद्याः प्रयोगाः–

ऐकाहिकज्वरे–

काकजङ्घाबलाश्यामाब्रह्मदण्डीकृताञ्जलिः । पृश्निपर्ण्यप्यपामार्गस्तथा भृङ्गरजोऽष्टमम् ।।३८८।।

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एषामन्यतमं मूलं पुष्येणोद्धृत्य यत्नतः । रक्तसूत्रेण संवेष्ट्य बद्धमैकाहिकं जयेत् ।।३८९।।

388-389. Remove any of the following herbs during the holy period of *puṣya* constellation (20 July to 2 August): *kāka*jhanga, *balā*, *śyāmālatā*, *bhārgī*, *lajavanti*, *praśthaparṇī*, *apāmārga* and *bhṛingarāja*. Knot the herbs with red strings and tie the same to the arms of the patient. This removes the diseases like *ekāhikā* fever.

(Cakradatt)

उलूकदक्षिणं पक्षं सितसूत्रेण वेष्टयेत । बन्धयेद् वामकर्णे तु हरत्यैकाहिकं ज्वरम् ।।३९०।।

390. Knot a feather (obtained from right part) of an owl and tie the same around the ear of the patient of *ekāhika jvara*.

तिलकम्–

कर्कटस्य बिलोद्भूतमृदातुतिलकंकृतम् । ऐकाहिकं ज्वरं हन्ति नात्र कार्या विचारणा ।।३९१।।

391. Obtain the soil from the burrow of a *karkaṭa* (crab) and anoint the forehead of the patient with it. It removes *ekāhikā* kind of fever without doubt.

तृतीयकज्वरे–

अपामार्गजटाकट्यांलोहितैः सप्तन्तुभिः । बद्ध्वा वारे रवेस्तूर्णं ज्वरं हन्ति तृतीयकम् ।।३९२।।

392. Take bark of *apamārga*'s root and knot it with seven red strings and tie the same around the waist of the patient. Sundays are the best days for tying the strings with waist. This immediately cures *tritiyak* fever.

(Cakradatt)

तृतीयकज्वरे (अञ्जनम्)–

कर्णस्य मलजालेन वर्त्तिं कृत्वा प्रयत्नतः । ज्वालयेत्तिलतैलेन कज्जलं ग्राहयेच्छनैः ।।
अञ्जयेन्नेत्रयुगलं त्र्याहिकज्वरशान्तये ।।३९३।।

393. Obtain wax from the ears and prepare wicks out of it. Take little bowl and fill it with mustard oil. Lit the wicks. Take another small bowl and inversely obstruct the lit up wicks to collect ash (*kajjal*) from it. Apply this *kajjal* on eyes (*añjana*) before going to bed to get relief from *tryāhikjvara*.

सर्वज्वरे जयन्तीमूलधारणम्–

मूलं जयन्त्याः शिरसि धृतं सर्वज्वरापहम् ।।३९४।।

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394. Tie root of *jayantī* around th head of the patient. This root would give relief from all types of fever.

शेफालीस्वरसः–

मधुना सर्वज्वरनुच्छेफालीदलजो रसः ।।३९५।।

395. Drinking juice of shephali leaves adding honey would cure all types of fevers.

चतुर्थके नस्यद्वयम्–

शिरीषपुष्पस्वरसो राजनीद्वयसंयुतः । नस्यं सर्पिःसमायोगाज्ज्वरं चातुर्थकं जयेत् ।।३९६।।

नस्यं चातुर्थकं हन्ति मुनिद्रुमदलाम्बुना ।।३९७।।

396-397. Obtain juice of the *śirīṣ* flowers and add to it powder of *haridrā* and *dāru haridrā*. Also add to it little quantity of *ghṛitam* and mortar all the materials. Perform nasal therapy with the resultant. Similarly, according to the above method, take juice of *agastya* leaves and prepare the compound. Taking nasal therapy with these two compounds would effectively cures *caturthik* fever.

(Cakradatt)

चातुर्थके तालप्रयोगः–

शैलूषमण्डनरजः पुरुषानुरूपं शुक्लाङ्गवत्ससुरभीपयसा निपीतम् ।

आदित्यवारभवपालिदिने नराणां चातुर्थकं हरति कष्टमपि क्षणेन ।।३९८।।

398. Obtain methodically purified and incinerated *haratāla bhasma* measuring 16-32 mg. depending on the age and capacity of patient. Take it along with milk (of a white cow having a white calf) in the morning hours. This measure also cures the *caturthik* fever.

चातुर्थिकज्वरे–

श्वेतार्ककरवीराणां चाश्विन्यां मूलमुद्धरेत् । तण्डुलोदकपानेन चातुर्थज्वरनाशनम् ।।३९९।।

399. Take *kalka* of the roots of white *arka* plant or white *karvīra* plant uprooted during the period marked by Aśvini *nakṣtra* along with rice-washing (*taṇḍulodaka*) to get relief from *caturthik* fever.

चातुर्थके पेया–

अम्लोटजसहस्रेण दलेन सुकृतां पिबेत् । पेयां घृतप्लुतां रोगी चातुर्थकहरां त्र्यहम् ।।४००।।

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400. Gather 1000 leaves of plant *amaloṭaja* (*cāngerī*) and decoct it in water. Strain the decoction and adding water to it prepare a *peya* syrup. Taking this *peya* syrup along with *ghṛitam* for three days alleviates the *caturthik* kind of fever.

(Cakradatt)

रात्रिज्वरे काकमाचीमूलधारणम्–

काकमाचीभवं मूलं कर्णे बद्धं निशाज्वरम् । निहन्ति नात्र संदेहो यथा सूर्योदयस्तमः ।।४०१।।

401. Tie the root of *kākamācī* with the ear of patient. This measure would remove the fever occurring in night as effectively as the sunrise dispels darkness. There is no doubt about it.

(Cakradatt)

केशराजप्रयोगः–

मूलकं केशराजस्यकृत्वा तत्सप्तखण्डकम् । आर्द्रकैः सह भुञ्जीत सर्वज्वरविनाशनम् ।।४०२।।

402. Remove out the root of *bhṛingarāja* plant and obtain seven pieces of equal size from that. Taking one piece everyday along with pieces of ginger removes all kinds of fever.

चातुर्थकज्वरे धूपः–

कृष्णाम्बरदृढाबद्धगुग्गुलूलूकपुच्छजः । धूपश्चातुर्थकं हन्ति तमः सूर्य इवोदितः ।।४०३।।

403. The day when the turn of fever is due one should obtain a piece of black cotton cloth died in the juice of *bhṛingarāja*. Tie the feather of an owl with it and place the same over smokeless and flaming fire. This measure would remove away the *caturthik jvara* fever as effectively as sun dispels darkness.

ऐकाहिकज्वरे तर्पणम्–

गङ्गाया उत्तरे तीरे अपुत्रस्तापसो मृतः । तस्मै तिलोदकं दद्यान्मुञ्चत्वैकाहिकोज्वरः ।।४०४।।

404. In ancient times, a sage who had no child passed away while performing austerities. A *tarpaṇa* (offering water through cupping both palms in curved state) water mixed with sesame oil should be offered to check the *ekāhikā* type of fever.

Note- The offering should be performed during the early morning when even the birds are not awake. One should obtain water from a river or a well in a new earthen pitcher. And at the time of sunrise, one should hold leaves of the *aśvattha* tree and the *kuśa* grass in hand and perform the *tarpaṇa* offering using barley

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grains, sesame seeds and flowers. The performance should include chanting of the following *mantra*:

Gangaya uttaretīre aputratāpaso mṛitah.

Tasmai tilodakamidam savadhā'.

Offering of the cooked rice and *urada* pulse beans should follow the ritual. Some scholars use the following hymn (*mantra*) instead:

Angavanga kalingeṣu saurāṣṭramagadheśu ca.

Vārānasyañca yad vṛittam tanna smarasi he jvara.

(Cakradatt)

ऐकाहिकज्वरे मन्त्रधारणम्–

ॐ बाणयुद्धे महाघोरे द्वादशार्कसमप्रभे ।
जातोऽसौ सुमहावीर्योमुञ्चत्वैकाहिकोज्वरः । लिखित्वाऽश्वत्थपत्रेतुबाहौ मन्त्रं प्रधापयेत् ।।४०५।।

405. To get cure from *aikahika* type of fever, one should scribe the following spell over a leave of *aśvattha*;

Aum bānayuddhe mahāghore dvadaśārkāsamaparbhe.

Jatoosau sumahavīryo muañctvaikāhiko jvarah.

The spell should be written with red sandal (*raktacandana*) on leaf of *aśvattha* and a worship with flowers and aromatics e.g. like *guggulu*, etc. should follow. The leaf should be well fumigated. Then it is put inside an amulet of copper, or like metal. Wearing the amulet on arm alleviates the *ekāhikā* type of fever.

(Cakradatt)

ऐकाहिकज्वरे मन्त्रप्रेक्षणम्–

समुद्रस्योत्तरे तीरे द्विविदो नाम वानरः । ऐकाहिकं ज्वरं हन्ति लिखितं यस्तु पश्यति ।।४०६।।

406. The following *mantra* should be scribed on an *aśvattha* leaf properly worshipped and fumigated with proper rituals. Then the leaf is put to be respectfully viewed by patient suffering from *ekāhikā* type of fever. This measure removes the disease. The *mantra* prescribed is as follows:

'*samudrasyottare tīre dvivido namah vānarah*'.

'On the seashore, there is (was) a monkey called *Dvivida*'.

तृतीयकचतुर्थकयोः साधारणं कर्म–

कर्म साधारणं जह्यात्तृतीयकचतुर्थकौ । आगन्तुरनुबन्धो हि प्रायशो विषमज्वरे ।।४०७।।

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407. For the treatment of *tṛityaka* and *caturthaka* types of fever both the *Daivavyāpāśraya* (religious rituals) as well as the *Yuktivyāpāśraya* (medicine based measures) should follow. As a matter of fact even in the cases of *viṣama* type of fevers the content of demonical effect is there. Thus the treatment of this ailment should also involve both of these therapies.

(Cakradatt)

सर्वज्वरनाशकौ मन्त्रौ–

ॐ नमो भगवते छिन्धि छिन्धि अमुकस्य शिरः–

प्रज्वलितपरशुपाणये पुरुषाय फट्स्वाहा । एतन्मन्त्रस्य धारणाज्ज्वरः सर्वो विनश्यति ।।४०८।।

408. "*Om namo bhagavate cindhi cindhi amukasya śirah prajvalita parahsupāṇyepuruṣāya phaṭsvāhā* ". Holding this spell also cures one from all kinds of fever. [By the term holding one can mean here that this spell is to be written on a holy burch leaf and the same should be put inside an amulet. This amulet is to be worn.]

ओं विद्युदानन ह्रीं फट् स्वाहा ।

एतन्मन्त्रंचूर्णलिप्तेताम्बूलीपत्रेलिखित्वातत्पत्रंसंचर्व्यभक्षयतोदिनत्रयाभ्यन्तरे ज्वरशान्तिर्भवति ।।४०९।।

409. Scribe the following spells over a betel leaf coated with lime powder. "*om vidyu dānan hrin phaṭ svāhā*"

Consuming such type of spell charged betel leaves for three days all kinds of fever.

कटुरोहिणीकल्पः सर्वज्वरहरः–

पुष्यार्के रोहिणीचूर्णं वारिणा सह सेवितम् । ज्वरं हरति दुर्वारं भ्रमसंभ्रमकारणम् ।।४१०।।

पयसा चान्विता सम्यक् पलार्द्धेन विपाचिता । अष्टावशेषं तत्क्षीरं रात्रौ सर्वज्वरापहम् ।।४११।।

प्रभातकाले संपीता विरेचनकारी स्मृता । विष्ट्वाऽश्वत्थत्वचा कट्यां लेपाद्दाहज्वरापहा ।।४१२।।

तन्मूलं मधुना पीतं सर्वज्वरहरं नृणाम् । तच्चूर्णमर्कदुग्धेन भावितं सेवितं यदि ।।४१३।।

ताम्बूलसहिते चैव कृत्वा तद्गुडिकाऽऽत्मना । तृतीयकं ज्वरं हन्याच्चातुर्थकमथापि वा ।।४१४।।

410-414. When it is a Sunday under the *Puṣya* constellation period raise powder of *kaṭukī* and take it along with water. It can remove fevers. Obtain powder of *kaṭukī* measuring 24 gm. and cow milk measuring eight times and decoct the combination till the original quantity is reduced to one eighth. The

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patient should drink the decoction in night. Alternatively one can compound the *katukī* powder along with barks of *aśvattha* tree and coat his waist with this *kalka*. Licking the powder of *kaṭukī* along with honey also checks fever of all kinds. The powder of *kaṭukī* could be impregnated with the latex of plant *madāra* and pills could be prepared out of it. These pills should be taken along with betel leaves. It removes the *trityaka* and *caturthikā* types of fever.

विषमज्वरे सोमादिपूजनम्–

सोमं सानुचरं देवं समातृगणमीश्वरम् । पूजयन् प्रयतः शीघ्रं मुच्यते विषमज्वरात् ।।४१५।।

415. By worshipping God Mahādeva along with goddess Pārvati, his consort, Gouri, *Jayā*, *Vijayā*, other *mātṛiagaṇa* (honourable celestial ladies) and *nandī* is also perfect method to get relief from *viṣam jvara*. As a matter of fact, *viṣam jvara* is considered to have components of demonical effect. Since the God Mahādeva is lord of all the demons his worship proves effective in cases of *viṣama* fever.

(Cakradatt)

सर्वज्वरेषु विष्णुपूजनम्–

विष्णुं सहस्रमूर्धानं चराचरपतिं विभुम् । स्तुवन्नामसहस्रेण ज्वरान् सर्वान् व्यपोहति ।।४१६।।

416. Praising God Viṣnu by such *mantra*s as "*sahsraśirṣāh puruṣah*" and chanting his 1000 names as suggested in *Viṣṇu Sahasranāma* (a chapter under the great epic *Mahābhārata*) is another method to get cure of all kinds of fever.

(Cakradatt)

ज्वरेषु ब्रह्मादिपूजनम्–

ब्रह्माणमश्विनाविन्द्रंहुतभक्षं हिमाचलम् । गङ्गां मरुद्गणाँश्चेष्टान् पूजयञ् जयति ज्वरम् ।।४१७।।

417. Worship of the following also relieves one from all kinds of fever: Brahmā the celestial physician Aśivikumāras, Indra, goddess Agni, Himālaya, Śrī Gangā the mother, *Marudgaṇa* and other gods.

भक्त्या मातुः पितुश्चैव गुरूणां पूजनेन च । ब्रह्मचर्येण तपसा पुराणश्रवणेन च ।।४१८।।
जपहोमैश्च दानेन सत्येन नियमेन च । ज्वराद्विमुच्यते शीघ्रं साधूनां दर्शनेन च ।।४१९।।

418-419. The following noble activities would definitely relieve one from all kinds of fevers: honouring parents and worshipping the teachers, by maintaining sexual abstinence, by following austerities, by listening respectfully to *Rāmāyaṇa*,

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Bhāgavata and the like holy scripts, by worshiping gods and worshipping the antagonized by maintaining truthfulness, by maintaining holy rituals and by honouring the sagely persons by paying a visit to them.

अथ धूपाः ।

अष्टाङ्गधूपः–

पलङ्कषा निम्बपत्रं वचा कुष्ठं हरीतकी सयवाः सर्षपाः सर्पिर्धूपनं ज्वरनाशनम् ।।४२०।।

420. Aṣṭañga Dhupa:

Ingredients: *Palañakaṣā*, leaves of *nimba*, *vacā*, *kuṣṭha*, *harītakī*, *sarṣapa*, and *yava*.

Method of use/ Administration and Therapeutic benefits: Fumigation of the recipe consisting of *palanakāsa*, leaves of *nimba*, *vacā*, *kuṣṭha*, *harītakī*, *sarṣapa*, and *yava* cures fever. These herbs should be taken in equal parts and be compounded and mixed with *ghṛitam*.

(Cakradatt)

अपराजितो धूपः–

पुरध्यामवचासर्जनिम्बार्कागुरुदारुभिः । सर्वज्वरहरो धूपः कार्योऽयमपराजितः ।।४२१।।

421. Aparajito Dhupa:

Ingredients: *Guggulu*, *gandhātrīṇa*, *vacā*, *sarja*, leaves of *nimba* and *arka* plants and *devadāru* wood.

Process of Drug-Making: Obtain all the ingredients in equal parts. Compounding them together add *ghṛitam* into the mix.

Method of use/ Administration and Therapeutic benefits: This mix should be put into fire in the patient's room. Thus the smoke spreading around the room cures the patient from all kinds of fever. The smoke has been called *Aparājitā*, i. e. one who does not get defeated.

(Cakradatt)

माहेश्वरधूपः–

हिङ्गुलं देवकाष्ठञ्च श्रीवेष्टं घृतमेव च । गव्याज्यानि तथा ध्यामं निर्माल्यं कटुरोहिणी ।।४२२।।
सर्षपं निम्बपत्राणि पिच्छाहिकञ्चुकं तथा । मार्जारविष्ठा गोशृङ्गं मदनस्य फलानि च ।।४२३।।
द्वे बृहत्यौ वचाचैव कार्पासास्थि तुषास्तथा । छागगोमायुविट् चैव हस्तिदन्तस्तथैव च ।।४२४।।
एतत्सर्वं समाहृत्य छागमूत्रेण भावयेत् । उदूखले तु सङ्कुट्य स्थापयेन्मृन्मये शुभे ।।४२५।।

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घ्राणमात्रेणधूपोऽयं दीयते यत्र वेश्मनि । न तत्र सर्पास्तिष्ठन्ति न पिशाचा न राक्षसाः ।।४२६।।
एष माहेश्वरो धूपः सर्वज्वरविनाशनः ।
ऐकाहिकं द्व्याहिकञ्चत्र्याहिकञ्चचतुर्थकम् । एवमादीञ्ज्वरान्सर्वान् नाशयेन्नात्र संशयः ।।
ओं 'नमोभगवतेरुद्रायउमापतयेसम्पन्नाय नन्दिकेश्वराय' । इति मन्त्रेण धूपमभिमन्त्रयेत् ।।४२७।।

422-427. *Māheśvara Dhūpa:*

Ingredients: *hiñgula*, *devadāru*, *śrīvestaka*, *ghṛita*, *gavasthi* (cow's bone), *gandhātrīṇa*, *nirmalya* (flowers, garland, etc. offered to *śivalinga*), *kaṭuka*, *sarṣapa*, *nimba* leaves, *mayūrapicca* (peacock feathers), *kancuka* (*sarpa nirmoka* or snak's hide), *marjaraviṣṭhā* (cat's faeces), *gośṛīnga* (cow's horn), *madanaphala*, *kañṭakārī kṣudra*, *kañṭakārī bṛihatī*, *vacā*, *karpāsa* seeds, *tuṣa* (*dhānya* or *yava*), *chāgaviṭ* (goat's faeces), *śṛīgālaviṭ* (jackal's faeces), *hastidanta* (elephant's canine tooth).

Process of Drug-Making: Gather all the ingredients in equal parts. They should be pounded together and processed through the *bhāvanā* method using goat's urine. Subsequently, pound the mix putting them in an *udakhala* (wooden thrashing tub).

Method of use/Administration: Then, this drug mixture is kept in new earthen pot that is covered.

Therapeutic benefits: The smell of smoke by fumigation of the mix prevents, by its very odours, the entry of *sarpa* (snake), *pisāca* (a group of evil celestial agents) and *rākṣasa* (demons).

This *Māheśvara Dhūpa* is efficacious to alleviate all types of fever. It eradicates various types of *viṣamajvara* like the *ekāhikā*s, *dvayāhika*, *trayāhika*, *caturthaka*, etc. While fumigating *Māheśvara Dhūpa*, one should continue to chant the following spell: '*om namo bhagavate rudrāya umāpataye sampannāya nandīkeśvarāya*'.

जीर्णज्वरे प्रयोगाः–
गुडूचीपञ्चमूलीक्वाथौ–
पिप्पलीचूर्णसंयुक्तः क्वाथश्छिन्नरुहोद्भवः । जीर्णज्वरकफध्वंसी पञ्चमूलीकृतोऽथवा ।।
एतत्क्वाथद्वयं प्रातः सायञ्चैव प्रयुज्यते ।।४२८।।

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428. Guḍūcī Pañcamūlī Kvātha:

Ingredients: *Guḍūcī* (stem) pieces, powder of *pippalī* fruits, *bṛihata pañcamūla* herbs (containing *bilva*, *agnimantha*, *śyoṇāka*, *pāṭala* and *kāśmarī*), water and powder of *pippalī* fruits.

Process of Drug-Making: Obtain *guḍūcī* (stem) pieces measuring 50 gm. each and boil them in water measuring 16 times greater till the quantity is reduced to a one forth. The preparation should be added with 1 gm. Measure of powder of *pippalī* fruits. Optionally, the decoction of *bṛihata pañcamūla* herbs is prepared and the powder of *pippalī* fruits in measurement of 500 mg. added into it.

Method of use/Administration: These decoction should be taken in doses of 50 ml. in morning and evening respectively. Or one can take the *Guḍūcī Kvātha* in morning and the *Pañcamūlī Kvātha* in the evening.

Therapeutic benefits: Both of the drugs are effective in chronic fever (*jīrṇajvara*) and aggravation of *kapha*.

(Cakradatt)

गुडूचीस्वरसः–

पिप्पलीमधुसम्मिश्रं गुडूचीस्वरसं पिबेत् । जीर्णज्वरकफप्लीहकासाराचकनाशनम् ।।४२९।।

429. Guḍūcī Svarasa:

Ingredients: Juice of *guḍūcī* and *pippalī* powder.

Process of Drug-Making: Juice of *guḍūcī* measuring 25 ml. should be added with *pippalī* powder measuring 500 mg.

Method of use/Administration: This medicine could be taken along with honey (10 gm.).

Therapeutic benefits: It gives relief from chronic fever, *kāsa* (coughs), enlargement of spleen, bronchitis and anorexia.

अस्थिकर्कटस्वरसः–

अस्थिकर्कटपञ्चाङ्गः शुण्ठ्या चिरज्वरप्रणुत् ।।४३०।।

430. Asthikarkaṭa Svarasa:

The *pancāñg* (root, leaves, flowers, bark and fruits) of the plant *asthikarkaṭa* should be decocted and mixed with powder of dried ginger (*śunṭhī*). It is effective in chronic fever (*jīrṇajvara*).

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पुटपक्वगुडूच्यादिस्वरसः–

गुडूची पर्पटं भेकपर्णी च हिलमोचिका ।
पटोलं पुटपाकेन रस एषां मधुप्लुतः । वातपित्तज्वरं हन्ति चिरोत्थमपि दारुणम् ।।४३१।।

431. Take equal parts each of *guḍūcī*, *parpaṭa*, *manḍukaparṇī*, *hilamocika* and leaves of *paṭola*. Obtain *Svarasa* (juice) of all these by processing them through *puṭapāka* method. Drink this juice in 24 ml. doses by adding honey to it. This medicine is capable of curing chronic and serious *vātapittajvara*.

मधुकादिक्वाथः–

गुडूची मधुकं तिक्ता एला पर्पटकं तथा । प्रत्येकं शाणमानेन तिक्ताया अद्धशाणकम् ।।४३२।।
सार्धतोलकमेवञ्चस्वर्णपात्र्याश्चग्राहयेत् । मत्स्यण्डिकायास्तोलञ्चप्रक्षिप्यपाययेद् भिषक् ।।४३३।।
वातपित्तज्वरं घोरं नाशयेन्नात्र संशयः । रसायनकृते चापि ज्वरो यश्च न हीयते ।।
तं ज्वरं नाशयेदेतद् वृक्षमिन्द्राशनिर्यथा ।।४३४।।

432-434. Madhukādi Kvātha:

Ingredients: *Guḍūcī*, *madhuka*, smaller cardamom, *parpaṭa*, *kaṭukī*, *svarṇa* foils and jaggery.

Process of Drug-Making: Take 3 gm. each of *guḍūcī*, *madhuka*, smaller cardamom, *parpaṭa* and 1500 mg. measure of *kaṭukī*. Also take *svarṇa* foils (18 gm.) and prepare decoction of all the ingredients. Add 12 gm. jaggery to the preparation.

Method of use/Administration: The decoction is taken in doses of 25 ml.

Therapeutic benefits: This decoction is very beneficial in curing even the serious *jīrṇa jvara* having high concentration of *vāta* and *pitta*. The fevers which were not cured by other medicines and *bhasmas* can be cured by consuming this decoction. It is as effective as the *vajra* of Indra that kills trees with ease.

धान्यकादिक्वाथः–

धान्यकं मधुकं रास्ना पथ्या द्राक्षा मधूरिका । गुडूची पर्पटञ्चैव समभागाँश्च कारयेत् ।।४३५।।
स्वर्णपत्री सर्वतुल्या ग्राह्या वैद्येन धीमता । पचेदष्टपले तोये पलशेषेऽवतारयेत् ।।४३६।।
मत्स्यण्डिकायास्तोलञ्च प्रक्षिप्य पाययेत्सुधीः । वातपित्तज्वरं घोरं नाशयेन्नात्र संशयः ।।४३७।।

435-437. Dhānyakādi Kvātha:

Ingredients: Coriander seeds, *madhuka*, *rāsnā*, *haraḍa*, raisin fruits, cumin seeds, *guḍūcī*, *parpaṭa* and *svarṇa* foils.

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Process of Drug-Making: Take equal parts of coriander seeds, *madhuka*, *rāsnā*, *haraḍa*, raisin fruits, cumin seeds, *guḍūcī* and *parpaṭa* and combine them to obtain their one *tolā* (12 gm.) quantity. Also take *svarṇa* foils equal to the combined weight of the above materials and cook the preparation in water measuring 384 ml. Cook the preparation till the original quantity is reduced to 48 ml.

Method of use/Administration: Add 12 gm. raw sugar to the preparation and use it for drinking in doses of 50 ml.

Therapeutic benefits: This medicine is an effective cure for serious fever having high concentration of *vāta* and *pitta*.

निदिग्धिकादिक्वाथः–

निदिग्धिकानागरकामृतानांक्वाथं पिबेन्मिश्रितपिप्पलीकम् ।
जीर्णज्वरारोचककासशूलश्वासाग्निमान्द्यार्दितपीनसेषु ।।४३८।।
हन्त्यूर्ध्वगामयं प्रायः सायं तेनोपयुज्यते । इति चक्रः ।
एतद्रात्रिज्वरे सायमन्यत्र प्रातरिष्यते । पित्तानुबन्धे सन्त्यज्य पिप्पलीं प्रक्षिपेन्मधु ।।४३९।।

438-439. Nidigdhikādi Kvātha:

Ingredients: *Kañṭakārī*, dried ginger (*śunṭhī*), *guḍūcī* and powder of *pippalī*.

Process of Drug-Making: Take *kañṭakārī*, dried ginger (*śunṭhī*) and *guḍūcī* in equal parts and thus raise a combined measure of 50 gm. Decoct them together and add to it powder of *pippalī* measuring 1 gm.

Method of use/Administration: It should be taken in the evening time only. This has been suggested so by Chakrapāṇi. The learned physicians advise to take the drug in evening time if there is case of fever occurring in night. If the fever occurs in other part of day it could be taken in morning as well. If case of the fever is dominated by *pitta* and if the rest of *doṣas* remain subsided the powder of *pippalī* should be replaced with honey in this medication.

Therapeutic benefits: It should be used in treatment of such indispositions as the chronic fever (*jīrṇajvara*), anorexia (*aruci*), *kāsa* (coughs), colic pain (*śūla*), asthma (*śvāsa*), deficient digestive power (*agnimāndya*), *ardita* and *pīnasa* and other diseases. This *Nidigdhikādi Kvātha* is especially useful in the ailments afflicting the parts above cervix (*grīvā*) orthe *urdhavajatru* region.

(Hārīta)

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रात्रिज्वरे गुडूच्यादिक्वाथः–

गुडूचीमुस्तभूनिम्बं धात्री क्षुद्रा च नागरम् । बिल्वादिपञ्चमूलञ्च कटुकेन्द्रयवासकम् ।।४४०।।
निशाभवं ज्वरं वातकफपित्तसमुद्भवम् । चिरोत्थं द्वन्द्वजं हन्ति सकणं मधुसंयुतम् ।।४४१।।

440-441. Guḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, *musta*, *bhūnimba*, *āmalakī*, smaller *kañṭakārī*, dried ginger, bark of *bilva* tree, *śyoṇāka*, bark of *gambhārī*, bark of *pāṭhā*, *araṇī*, *kaṭukī*, *indrayava* and *durālabhā*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: Add powder of *pippalī* and honey to this decoction and consume in doses of 50 ml.

Therapeutic benefits: Drinking this medicine is effective in getting relief from fever caused due to disordered *vāta*, *pitta* and *kapha*, *ratrijvara*, chronic fever and *dvandaja* fever (*vātapittajvara*, *vatakaphajvara* and *kaphapittajvara*, i. e. fevers caused by two vitiated *doṣas* combined).

द्राक्षाद्यष्टादशाङ्गक्वाथः–

द्राक्षाऽमृता शटी शृङ्गी मुस्तकं रक्तचन्दनम् । नागरं कटुकं पाठा भूनिम्बं सदुरालभम् ।।४४२।।
उशीरं पद्मकं धान्यं बालकं कण्टकारिका ।
पुष्करं पिचुमन्दं चाष्टादशाङ्गमिदं शुभम् । जीर्णज्वरारुचिश्वासकासश्वयथुनाशनम् ।।४४३।।

442-443. Drākṣādyāśtā Daśāñga Kvātha:

Ingredients: Equal quantity of the following- raisin fruits, *guḍūcī*, *karcūra*, *śṛīngī*, *mustā*, red sandalwood, dried ginger, *kaṭukī*, *pāṭhā*, *kirātatikta*, *durālabhā*, *uśīra*, *padmakāṣṭha*, coriander seeds, *netrabālā*, *kañṭakārī*, *puṣkaramūla* and *neem*. The combination of these 18 herbs is known as *Drākṣādyaśtādaśāñga*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 50 gm.

Method of use/Administration: The decoction is taken in doses of 50 ml.

Therapeutic benefits: Intake of this decoction provides relief from *jīrṇajvara*, anorexia, asthma, *kāsa* (coughs) and *śotha*.

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प्लीहज्वरे निदिग्धिकादिक्वाथः–

निदिग्धिकागणः पथ्या तथा रोहितको मतः ।
क्वाथं कृत्वा क्षिपेत्तत्र यवक्षारं कणायुतम् । एतस्य पानमात्रेण प्लीहज्वरविनाशनम् ।।४४४।।

444. Nidigdhikādi Kvātha:

Ingredients: *Nidigdhikā gaṇa* (*śalparṇī*, *praśniparṇī*, lesser and bigger *vyāghrī*, *gokṣura*), *haraḍa* and bark of *rohita*.

Process of Drug-Making: The drug is prepared as per the decoction method involving all the ingredients taken in equal parts. Combine these ingredients and raise a quantity of 25 gm.

Method of use/Administration: Add powder of *pippalī* and *yavakṣāra* (1 gm. each) into the decoction. Consume the decoction in doses of 50 ml.

Therapeutic benefits: Taking only this decoction daily get one cure from fevers and enlargement of spleen.

सुदर्शनचूर्णम्–

कालीयकन्तु रजनी देवदारु वचा घनम् । अभया धन्वयासश्च शृङ्गी क्षुद्रा महौषधम् ।।४४५।।
त्रायन्ती पर्पटं निम्बं ग्रन्थिकं बालकं शटी । पौष्करं मागधी मूर्वा कुटजं मधुयष्टिका ।।४४६।।
शिग्रूद्भवं सेन्द्रयवं वरी दार्वी कुचन्दनम् । पद्मकं सरलोशीरं त्वचं सौराष्ट्रिका स्थिरा ।।४४७।।
यवान्यतिविषा बिल्वं मरिचं गन्धपत्रकम् । धात्री गुडूची कटुकं सचित्रकपटोलकम् ।।४४८।।
कलसी चैव सर्वाणि समभागानि कारयेत् । सर्वद्रव्यस्य चार्द्धन्तु कैरातं सम्प्रकल्पयेत् ।।४४९।।
एतत् सुदर्शनंनामज्वरान्हन्तिनसंशयः । पृथग्दोषांश्च विविधान् समस्तान् विषमज्वरान् ।।४५०।।
प्राकृतं वैकृतञ्चापि सौम्यं तीक्ष्णमथापि वा । अन्तर्गतं बहिःस्थञ्च निरामं साममेव च ।।४५१।।
ज्वरमष्टविधं हन्ति साध्यासाध्यमथापि वा । नानादोषोद्भवञ्चैव वारिदोषभवन्तथा ।।४५२।।
विरुद्धभेषजभवं ज्वरमाशु व्यपोहति । प्लीहानं यकृतं गुल्मं हन्त्यवश्यं न संशयः ।।४५३।।
यथा सुदर्शनं चक्रं दानवानां निषूदनम् । तथा ज्वराणां सर्वेषामिदमेव निगद्यते ।।४५४।।

445-454. Sudarśana Cūrṇam:

Ingredients: ***kālīyaka*** (yellowish sandalwood with scent), *haridrā*, *devadāru*, *vacā*, *musta*, *harītakī*, *durālabhā*, *karkaṭaśṛingī*, *kaṅṭakārī*, dried ginger (*śunṭhī*), *trāyamāṇā*, *parpaṭa*, *nimba* (bark or *pañcānga*), *pippalīmūla*, *netrabālā*, *karcūra*, *puṣkaramūla*, *māgadhī*, *mūrvā*, *kuṭaja*, *yaṣṭimadhu*, *śigru* (seeds), *indrayava*, *śatāvarī*, *dāruharidrā*, *kucandana*, *padmakāstha*, *sarala kāṣṭha*, *uśīra*, *tvak*, *saurāṣṭra mrttikā*, *śālaparṇī*, *yavānī*, *ativiṣā*, *bilva* (bark/fruit), *marica*, *gandhapatraka*, *āmalakī*, *guḍūcī*, *kaṭuka*, *citraka* (root), *paṭola* (leaves), water *priṣṭhaparṇī* along with *bhūnimba*.

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Process of Drug-Making: Obtain all the herbs (save the *bhūnimba*) in equal parts (50 gm. each) and properly mix them up. This mixture and *bhūnimba* in quantity measuring half of the total weight (i.e. 1100 gm.) of the above ingredients should be ground into a fine powder. This preparation is famous as the *Sudarśana Cūrṇa*.

Method of use/Administration: This medicinal powder is is taken in doses of 3gm. to 5 gm. along with lukewarm water or honey.

Therapeutic benefits: It is famous in removing all kinds of fever. It is especially effective in such indispositions as fevers caused by vitiated *doṣas*, *viṣama jvara*, *prākṛiṭa jvara*, *vaikṛiṭa* fever, *saumya* (i.e. *kapha* dominated) fever, *tīkṣana* (i.e. *vāta-pitta* dominated) fever, *antarvega* (high) fever, *bahirvega* fever, fever with or without digestive problems, fevers of eight types, difficult and easy fevers, fevers caused by intake of various drugs and fever caused due to unwholesome water, and the like. Apart from the fever, the medicinal powder eliminates indispositions like enlarged spleen and liver and *gulma*. As Sudarśana, the disc of God Viṣnu is a weapon famous to kill demons this drug also named Sudarśāna is famous to remove all kinds of fevers.

Note – The *vaikṛita* fevers are those fevers that are difficult to cure as per the season. In rains, the fever caused by vitiated *pitta* and *śleṣmā*, in spring fever due to *vāta* and *pitta*, in winters, fever due to *vāta* and *śleṣmā* are difficult to cure.

ज्वरभैरवचूर्णम्–

नागरं त्रायमाणा च पिचुमर्दो दुरालभा । पथ्या मुस्तं वचा दारु व्याघ्री शृङ्गी शतावरी ।।४५५।।
पर्पटं पिप्पलीमूलं विशाला पुष्करं शटी । मूर्वा कृष्णा हरिद्रे द्वे लोध्रचन्दनमुस्तकम् ।।४५६।।
कुटजस्य फलं वल्कं यष्टीमधुकचित्रकम् । शोभाञ्जनं बला चातिविषा च कटुरोहिणी ।।४५७।।
मुषली पद्मकाष्ठञ्च यमानी शालपर्णिका । मरिचं चामृता बिल्वं बालं पङ्कस्य पर्पटी ।।४५८।।
तेजपत्रं त्वचं धात्री पृश्निपर्णी पटोलकम् । गन्धकं पारदं लौहमभ्रकञ्च मन शिला ।।४५९।।
एतेषां समभागेन चूर्णमेवं विनिर्दिशेत् । तदर्द्धं प्रक्षिपेत्तत्र चूर्णं भूनिम्बसम्भवम् ।।४६०।।
मात्रामस्य प्रयुञ्जीत दृष्ट्वा दोषवलाबलम् । चूर्णं भैरवसंज्ञन्तु ज्वरान् हन्ति न संशयः ।।४६१।।
पृथग्दोषांश्चविविधान्समस्तान्विषमज्वरान् । द्वन्द्वजान्सन्निपातोत्थान्मानसानपिनाशयेत् ।।४६२।।
प्राकृतं वैकृतञ्चैव सौम्यन्तीक्ष्णमथापि वा । अन्तर्गतं बहिःस्थं च निरामं साममेव च ।।४६३।।
ज्वरमष्टविधं हन्ति साध्यासाध्यन्न संशयः । नानादोषोद्भवञ्चैव वारिदोषभवन्तथा ।।४६४।।
विरुद्धभेषजभवं ज्वरमाशु व्यपोहति । अग्निमान्द्ययकृत्प्लीहपाण्डुरोगमरोचकम् ।।४६५।।
उदराण्यन्त्रवृद्धिञ्च रक्तपित्तं त्वगामयम् । श्वयथुञ्च शिरःशूलं वातामयरुजाऽपहम् ।
ज्वरभैरवसंज्ञन्तु भैरवेण कृतं शुभम् ।।४६६।।

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455-466. Jvarabhairava Cūrṇam:

Ingredients: Dried ginger (*nāgara*), *trāyamāṇā* (root), *nimba* (bark), *durālabhā* (root), *harītakī* (fruit part), *musta* (rhizome), *vacā* (root), *devadāru* (heart-wood), *kaṅṭakārī* (root), *karkaṭaśṛingī* (galls), *śatāvarī* (root), *parpaṭa* (root/whole plant), *pippalīmūla* (root), *viśālā* (root), *puṣkaramūla* (root), *karcūra* (root), *mūrvā* (root), *pippalī* (fruit), *haridrā* (rhizome), *dāruharidrā* (root), *lodhra* (bark), *śveta candana*, *mustaka*, *indrayava* (seeds), *kuṭaja* (bark), *yaṣṭimadhu* (root), *citraka* (root), *śigru* (bark), *balā* (root), *ativiṣā* (rhizome), *kaṭuka* (rhizome), *muṣalī* (root), *padmaka* (heartwood), *yavānī* (fruits), *śālaparṇī* (root/whole plant), *marica* (fruit), *amṛitā* (stem), *bilva* (bark/fruit pulp), *bālaka* (*netrabālā*) (root), *sphaṭika* (alum), *pātra* (leaves), *tvak* (bark), *āmalakī* (fruit-part), *pṛiśniparṇī* (whole plant/root), *paṭola* (leaves) purified *pārada* and purified *gandhaka*, *lauha bhasma*, *abhraka bhasma* and purified *manahśilā* and powder of *kirātatikta*.

Process of Drug-Making: Take in equal parts (50 gm. each) all the above drugs save the *kirātatikta*. Mix all of them properly and add to the mix powder of *kirātatikta* measuring half of the combined weight (i.e. 1250 gm.) of the above ingredients. Mix all the materials and store them in a safe container.

Method of use/Administration: This *Jvarabhairava Cūrṇam* is to be taken in the doses ranging between 1 to 4 gm. considering the strength of the patient.

Therapeutic benefits: Depending on the various *anupānas*, the drug eliminates following ailments and indispositions: Various types of fever viz. *ekadoṣaja*, *dvandaja*, *sannipātaja*, *agntujajvara*, *viṣamajvra* (*santata*, *satataja jvara*), *mānasajvra*, *prakrta*, *vaikrta*, *soumya* (*kapha* dominant) and *tīkṣṇajvra* (*pitta* dominant), *antarvega*, *bahirvega jvra*, *sama* and *nirāmajvara* and *aṣṭavidhajvra*, curable and incurable fever, *nanadoṣodbhava jvara* (fever caused by various morbid *doṣas*), *jaladoṣotpannā* or *varidoṣodbhuta jvara* (fever caused by infected and morbid water), *viruddhabhaisaja jvara* (fever caused by incompatible drugs), *agnimāndya* (anorexia), *yakrtaplīhāvṛiddhi* (liver and spleen disorders), *pāṇḍuroga* (anaemia), *aruci* (loss of appetite or condition of unrelishing food), *udararoga-aṣṭavidha* (eight types of abdominal disorders), *āntravṛiddhi* (hernia), *raktapitta*, *kaṇḍu* (pruritis and dermities) and other ailments of bark (*tvagamaya*), *śotha* (oedema), *śirahśūla* (headache), *ruja* (pain) caused by eighty types of *vatavyadi* (*vātāmayaruja*). This formulation has been propounded by the physician Bhairava, hence it is named as *Jvarabhairava Cūrṇa*.

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ज्वरनागमयूरचूर्णम्–

लौहाभ्रटङ्कणं ताम्रं तालकं वङ्गमेव च । शुद्धसूतं गन्धकञ्च शिग्रुबीजं फलत्रिकम् ।।४६७।।
चन्दनातिविषापाठा वचा च रजनीद्वयम् । उशीरं चित्रकं देवकाष्ठञ्च सपटोलकम् ।।४६८।।
जीवकर्षभकाजाज्यस्तालीशं वंशलोचना । कण्टकार्याः फलं मूलं शटी पत्रं कटुत्रयम् ।।४६९।।
गुडूचीरसधन्याकं कटुका क्षेत्रपर्पटी । मुस्तकं बालकं बिल्वं यष्टीमधु समं समम् ।।४७०।।
भागाच्चतुर्गुणं देयं कृष्णाजीरस्य चूर्णकम् । तत्समं तालपुष्पञ्च चूर्णं दण्डोत्पलाभवम् ।।४७१।।
कैरातं तत्समं देयं तत्समं चपलाभवम् । एतच्चूर्णं समाख्यातं ज्वरनागमयूरकम् ।।४७२।।
प्रतिमाषमितंखाद्यंयुक्त्या वा त्रुटिवर्द्धनम् । सन्ततादिज्वरं हन्ति साध्यासाध्यं न संशयः ।।४७३।।
क्षयोद्भवञ्च धातुस्थं कामशोकोद्भवं ज्वरम् । भूतावेशज्वरञ्चैवमभिचारसमुद्भवम् ।।४७४।।
दाहशीतज्वरं घोरं चातुर्थादिविपर्ययम् । जीर्णञ्च विषमं सर्वं प्लीहानमुदरं तथा ।।४७५।।
कामलां पाण्डुरोगञ्चशोथंहन्तिनसंशयः । भ्रमं तृष्णां च कासं च शूलानाहौ क्षयन्तथा ।।४७६।।
यकृतं गुल्मशूलञ्च आमवातं निहन्ति च । त्रिकपृष्ठकटीजानुपार्श्वानां शूलनाशनम् ।।४७७।।
अनुपानं शीतजलं न देयमुष्णवारिणा ।।४७८।।

467-478. Jvaranāgamayūra Curanam:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, purified borax, *tāmra bhasma*, *haratāla bhasma*, *vanga bhasma*, purified *pārada*, purified *gandhaka*, seeds of *śobhāñjana*, *haraḍa*, *vibhītaka*, *āmalakī*, white sandalwood (red sandalwood, if white is not available), *ativiṣā*, *pāṭhā*, *vacā*, *haridrā*, *dāru haridrā*, *uśīra*, root of *citraka*, *devadāru*, *paṭola* leaves, *jīvaka*, *ṛiṣabhaka*, black cumin seeds, *tāliśapātra*, *vanśalocana*, dry fruits and root of *kaṅṭakārī*, *karcūra*, cassia leaves, dried ginger, *marica*, *pippal*, abstract of *gudici*, coriander seeds, *kaṭukī*, *khetraparpaṭī* (some scholars suggest that this is not a herb, but the upper layers of earth i.e. *parpaṭī* of dried mud in the fields, i.e. *kṣetra*), *mustaka*, *netrabālā*, bark of *bilva* or its fruit pulp and *yaṣṭimadhu*. Also take powders each of the black cumin seeds, *tālapuṣpa*, *danḍotpala* (*balā* having yellow flowers), water, *kairāta* and *vijayā*.

Process of Drug-Making: Take equal parts (50 gm.) each of *lauha bhasma*, *abhraka bhasma*, purified borax, *tāmra bhasma*, purified *haratāla* or *bhasma*, *vanga bhasma*, purified *pārada*, purified *gandhaka*, seeds of *śobhāñjana*, *haraḍa*, *vibhītaka*, *āmalakī*, white sandalwood, *ativiṣā*, *pāṭhā*, *vacā*, *haridrā*, *dāru haridrā*, *uśuira*, root of *citraka*, *devadāru*, *paṭola* leaves, *jīvaka*, *ṛiṣabhaka*, black cumin seeds, *tāliśapātra*, *vanśalocana*, dry fruits and root of *kaṅṭakārī*, *karcūra*, cassia leaves, dried ginger, *marica*, *pippal*, abstract of *gudici*, coriander seeds, *kaṭukī*, *khetraparpaṭī*, *mustaka*, *netrabālā*, bark of *bilva* or its fruit pulp and *yaṣṭimadhu*. Also take 200 gm. measure powder each of the black cumin seeds, *tālapuṣpa*,

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talajaṭākṣāra, *danḍotpala*, *kairāta* and *vijayā*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of materials in powdered form.

Method of use/Administration: Consume this medicine daily in doses of 1 to 3 gm. After consuming this medicine one should drink cold water. Warm water should be avoided.

Therapeutic benefits: The compound is famous as *Jvaranāgamayūra* i.e. a peacock like medicine to kill snake like fever. This medicine is capable of curing all types of fevers (curable and seemingly incurable), *satata-santatadik jvara*, fever caused due to loss of *dhātu* (vital body fluids), fever caused due to unfulfilled lust, grief, demons and sorcery. It also cures fever accompanied with burning sensation and cold. It is capable in curing even serious *caturthik jvara*, enlargement of spleen, problems related to gastro intestinal tract, jaundice, anemia, *śotha*, *bhrama*, morbid thirst, cough, *śūla*, *ānāha*, *kṣaya*, enlargement of *yakṛit*, *gulma*, *śūla*, *āmavāta*, pain at *tṛika*, back, waist, knee and sides.

तत्रादौ रसचिकित्सायां सौकर्यम्–

न दोषाणांनरोगाणांन पुंसाञ्च परीक्षणम् । न देशस्य न कालस्य कार्यं रसचिकित्सिते ।।४७९।।
सर्वशास्त्रार्थतत्त्वज्ञो न जानाति रसं यदा । सर्वं तस्योपहासाय धर्महीनो यथा बुधः ।।४८०।।

479-480. Metallic (Rasa-based) Medicines in Fever of Primary Stages :

For carrying out treatment by administering *rasausadhi* [medicinal formulations based on metallic medicines including herb and minerals (for example *pārada*)], there is no need of knowledge of immediate effect of *tṛidoṣa* (*vāta*, *pitta* and *kapha*), clinical diagnosis of diseases, examination of patient, examination of his strength, location of the disease (*deśa*) and its timing (*kāla*). *Rasacikitsa* possess distinguishing potential and unexplainable efficacy. However, efforts should be made, as far as possible, to treat the disease by making proper examination of the patient. Hence, a physician appear ridiculous if devoid of knowledge pertaining to drugs and therapy of *rasaśāstra* even if he posess proficiency in all the medical texts. Therefore, a physician must have thorough knowledge of *rasa cikitsā*.

रसघटितधात्वादिशोधनोपदेशः–

संशोध्यविधिनाधातूनुपधातून्विषाण्यपि । योजयेत् कर्मणि प्राज्ञो दोषः संजायतेऽन्यथा ।।४८१।।

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481. There are specific and strict instructions to physicians to purify or detoxify the *dhātu*, *upadhātu* and *viṣa* before applying them in therapeutic use. Otherwise these drugs may produce harmful consequences.

रससेवनेऽनुपानप्रकारनिर्देशः–

अनुपानै रसा योज्या देशकालानुसारिभिः । दोषघ्नैर्मधुना वाऽपि केवलेन जलेन वा ।।४८२।।

482. If there is instruction to this regard considering the *doṣas* or if there is an unavailability of prescribed articles or drugs, the *rasauṣadhis* may be administered along with water or honey.

हिङ्गुलेश्वरो रसः–

तुल्यांशं मर्दयेत् खल्ले पिप्पलीं हिङ्गुलं विषम् । गुञ्जाऽर्द्धं मधुना देयं वातज्वरनिवृत्तये ।।४८३।।

483. Hiñguleśvara Rasa:

Ingredients: *Pippalī* fruits, purified *hiñgula* and *vatsanābha viṣa* (root).

Process of Drug-Making: Take equal quantity of powders of *pippalī* fruits, purified *hiñgula* and *vatsanābha viṣa* (root) and mortar them into fine powder.

Method of use/Administration: Take this medicine in doses of 60 to 125 mg. along with honey.

Therapeutic benefits: It effectively checks *Vāta Jvara*.

Note: It is better to treat the mixture of above herbs with lemon juice and to prepare pills measuring 125 mg. each. It has been tested successfully in treatment of malaria (*vāta jvara*).

(*Rasendra Cintāmaṇi*)

बृहद्धिङ्गुलेश्वरः–

हिङ्गुलञ्च विषं व्योषं टङ्कणं नागराह्वयम् । जयपालसमायुक्तं सद्योज्वरविनाशनम् ।।४८४।।

484. BṛihadHiñguleśvara Rasa:

Ingredients: Purified *hiñgula*, purified *vatsanābha*, *marica* (fruit), *pippalī* (fruit) and purified *tañkaṇa* and dried ginger (*śunṭhī*) along with *jaypala* powder.

Process of Drug-Making: Obtain 12 gm. measure of the purified *hiñgula*, purified *vatsanābha*, *marica* (fruit), *pippalī* (fruit) and purified *tañkaṇa* and dried ginger (*śunṭhī*) measuring 24 gm. and *jaypala* powder worth 84 gm. (i.e. equal to

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the combined weight of the rest). Mix and ground them well into fine powder and store the preparation in a suitable glass container.

Therapeutic benefits: The medicine alleviates *Taruṇa jvara*, i. e. fever of initial or primary stage.

(*Rasendra Sāra Sangraha*)

शीतभञ्जी रसः–

रसं हिङ्गुलगन्धञ्च जयपालं समं समम् । दन्तीक्वाथेन सम्मर्द्य रसो ज्वरहरः परः ।।४८५।।
आर्द्रकस्वरसेनाथ दापयेद्रक्तिकामितम् । नवज्वरं महाघोरं नाशयेद्याममात्रतः ।।४८६।।
शीततोयं पिबेच्चानु इक्षुमुद्गरसो हितः । शीतभञ्जी रसो नाम्ना सर्वज्वरकुलान्तकृत् ।।४८७।।

485-487. Śītabhanjī Rasa:

Ingredients: Purified *pārada*, purified *hiñgula*, purified *gandhaka* and purified *jayapāla*, water and *dantī* root.

Process of Drug-Making: Take equal parts of purified *pārada*, purified *hiñgula*, purified *gandhaka* and purified *jayapāla*. First of all prepare *kajjalī* of purified *pārada* and *gandhaka* and then add to it *hiñgula* and the powder of purified *jayapāla*. The preparation should be impregnated with decoction of *dantī* root (*mūla kvātha*) and triturated for the whole day. Prepare pills measuring 125 mg. each.

Method of use/Administration: One pill of the medicine should be taken along with juice of ginger (*āradraka*) and honey (*madhu*). One should drink cold water after taking this medicine. If feeling hungry, the patient should be served with juice of sugarcane and pulse-soup of *mudga* beans.

Therapeutic benefits: It has been found effective in alleviating *navajvara* (fever of primary or initial stage) within three hours. This formula is well-known as *Śītabhanji Rasa* and it alleviates all kinds of fevers.

(*Rasendra Cintāmaṇi*)

तरुणज्वरारिरसः–

जैपालगन्धं विषपारदञ्च तुल्यं कुमारीस्वरसेन मर्द्यम् ।
अस्य द्विगुजा हिसितोदकेन ख्यातो रसोऽयं तरुणज्वरारि ।।४८८।।
दातव्य एषोऽहनिपञ्चमे वा षष्ठेऽथवा सप्तम एव वापि ।
जाते विरेके विगतज्वरःस्यात् पटोलमुद्गान्ननिषेवणेन ।।४८९।।

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488-489. Taruṇajvarāri Rasa:

Ingredients: Purified *jayapāla*, purified *gandhaka*, purified *vatsanābha* and purified *pārada* and aloe leaves (*kumārīpātra*).

Process of Drug-Making: Obtain equal parts of purified *jayapāla*, purified *gandhaka*, purified *vatsanābha* and purified *pārada*. Firstly, *kajjalī* of *pārada* and *gandhaka* should be prepared and powder of the rest two ingredients should be mixed into it. Then, this mixture should be impregnated by juice of aloe leaves (*kumārīpātra*) and triturated for whole day. Finally pills measuring two *raktikās* (250 mg.) each may be prepared out of it.

Method of use/Administration: One pill of the medicine should be taken along with sugar-syrup.

Therapeutic benefits: The formulation is famous as *Taruṇajvarāri Rasa*. It should be used after fifth, sixth and seventh day of fever (*jvara*). This recipe effects as purgative and provide relief from fever. After feeling hungry, the patient should take vegetable of *paṭola* leaves (*pātra*), soup (*yūṣa*) of *mudga* and cooked old *ṣaṣṭkā* rice.

(*Rasendra Sāra Sangraha*)

स्वच्छन्दभैरवरसः–

ताम्रभस्म विषं हेम्नः शतधा भावितं रसैः । गुञ्जाऽर्द्धं सन्निपातादि-नवज्वरहरं परम् ।।४९०।।
आर्द्राम्बुशर्करासिन्धु युतः स्वच्छन्दभैरवः । इक्षुद्राक्षासितैर्वारुदधि पथ्यं रुजि स्मृतम् ।।४९१।।

490-491. Svacchanda Bhairava Rasa (first recipe):

Ingredients: *Tāmra bhasma* together with juice of *dhatturā*.

Process of Drug-Making: Obtain *tāmra bhasma* and *viṣa* in equal quantity and impregnate them together with juice of *dhatturā* through *bhāvanā* method. This process should be repeated for no less than hundred times. Finally pills in doses of 60 to 125 mg. should be prepared.

Method of use/Administration: One pill of this medicine is to be taken with juice of *ārdraka* (fresh ginger), sugar and rock salt. Curd, raisin fruits, sugar, cucumber and curd are meals that are compatible to this medicine.

Therapeutic benefits: It checks the *sannipātta* and other types of fever.

(*Rasendra Cintāmaṇi*)

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स्वच्छन्दभैरवरसः (द्वितीयः)–

पिप्पलींजातिकोषंचपारदंगन्धकंविषम् । वारिणा मर्दयेत् खल्ले रक्तिकाऽर्द्धं प्रयोजयेत् ।।४९२।।
स्वच्छन्दभैरवो नाम भैरवेण विनिर्मितः । नवज्वरं महाघोरं नाशयेन्नात्र संशयः ।।४९३।।

492-493. Svacchanda Bhairava Rasa (second recipe):

Ingredients: *Pippalī* (fruit), *jātīkoṣa*, purified *pārada*, purified *gandhaka*, water and purified *viṣa*.

Process of Drug-Making: Take in equal parts *pippalī* (fruit), *jātīphala*, purified *pārada*, purified *gandhaka* and purified *viṣa*. All of them should be mixed and triturated well by adding water to the mix. Pills measuring 65 to 125 mg. may be prepared out of the preparation.

Therapeutic benefits: This *Svacchanda Bhairava Rasa* has been propounded by Śrī Bhirava. Even the most severe type of fever of primary stage (*navajvaram*) is cured from the medicine without doubt.

Shekar

नवज्वरेभाङ्कुशरसः–

सगन्धटङ्गं रसतालकञ्च विमर्दयेद्भावयेन्मीनपित्तैः ।
दिनद्वयं वल्लमितं प्रदद्यात् वृन्ताकतक्रौदनमेव पथ्यम् ।।
नवज्वरेभाङ्कुशनामधेयः क्षणेन घर्मोद्गममातनोति ।।४९४।।

Treatment of nava jvara

494. Bhāñkuśa Rasa:

Ingredients: Purified *gandhaka*, purified *tañkaṇa*, purified *pārada* and purified *haratāla* and *matsya pitta* (*pitta* obtained from fish, preferably of *Rohit* variety).

Process of Drug-Making: Take in equal parts the purified *gandhaka*, purified *tañkaṇa*, purified *pārada* and purified *haratāla*. First, *kajjalī* should be prepared out of the *pārada* and *gandhaka* and subsequently the rest of the ingredients (*tañkaṇa* and *haratāla*) in powdered form should be mixed into it. It needs to be impregnated (through *bhāvanā* method) with *matsya pitta* (*pitta* obtained from gall bladder of a fish, preferably of Rohit) for two consecutive days.

Method of use/Administration: It is to be taken in doses of one *valla* along with ginger juice and honey. During the medication, it is useful to take buttermilk, cooked rice and aubergine.

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Therapeutic benefits: This recipe known as *Navajvaraebhāñkuśa Rasa* possessing power or efficiency to control fever at primary state i. e. *navajvara* as the *añkuśa*, i. e. an spear like weapon disciplines an elephant) effectively checks *navajvara*. It makes one sweat, thus reducing one's temperature.

(*Rasendra Sāra Sangraha*)

नवज्वरेभसिंहो रसः–

शुद्धसूतं तथा गन्धंलौहंताम्रञ्च सीसकम् । मरिचं पिप्पलीं विश्वं समभागानि कारयेत् ।।४९५।।
अर्द्धभागं विषं दत्त्वा मर्दयेद् वासरद्वयम् । शृङ्गवेराम्बुपानेन दद्याद् गुञ्जाद्वयं भिषक् ।।४९६।।
नवज्वरे महाघोरे धातुस्थे ग्रहणीगदे । नवज्वरेभसिंहोऽयं सर्वज्वरकुलान्तकृत् ।।४९७।।

495-497. Navajvaraebhasimha Rasa:

Ingredients: purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *śīśaka bhasma*, *marica* (fruits), *pippalī* (fruits), dried ginger (*śunṭhī*), water and purified *viṣa*.

Process of Drug-Making: Obtain 50 gm. measure each of the following: purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *śīśaka bhasma*, *marica* (fruits), *pippalī* (fruits) and powder of dried ginger (*śunṭhī*). Take purified *viṣa* in measure of 25 gm. First of all, prepare *kajjalī* of *pārada* and *gandhaka* and mix into it the rest six components properly. Process the preparation through *bhāvanā* method with juice of ginger or water for two days. Prepare pills measuring two *raktikās* (250 mg.) each out of the recipe and dry them under shadow.

Method of use/Administration: One pill of the medicine should be taken daily along with ginger-juice and honey.

Therapeutic benefits: It alleviates *navajvara*, *dhātugatajvara* and *grahaṇī roga*. This formulation eliminates *navajvara* and all types of *jvara* (fever) as effectively as a lion destroys elephants.

(*Rasendra Cintāmaṇi*)

नवज्वरहटी वटी–

रसगन्धौ विषं शुण्ठीपिप्पलीमरिचानिच । पथ्याविभीतकं धात्री दन्तबीजं च शोधितम् ।।४९८।।
चूर्णमेषां समाशानां द्रोणपुष्पीरसैः पुटेत् । वटीं माषनिभां कुर्याद् भक्षयेत्तरुणज्वरे ।।४९९।।

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498-499. Navajvārāharī Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha*, dried ginger (*śunṭhī*), *pippalī*, *marica*, *harītakī*, *vibhītaka*, *āmalakī* and purified *dantībīja* along with juice of *droṇapuṣpī*.

Process of Drug-Making: Mix all the ingredients (50 gm. each) together and churn the mix along with juice of *droṇapuṣpī*. Process the preparation through *puṭa* method and prepare pills measuring approximately 65 to 125 mg. in weight.

Method of use/Administration: Consume this medicine in doses of 125 mg. To 250 mg. Along with honey.

Therapeutic benefits: The recipe alleviates *navajvara* (fever at primary stage).

(*Bhāvaprakāśa*)

नवज्वरारिरसः–

एकभागो रसो भागद्वयं च शुद्धगन्धकम् । गरलस्य त्रयो भागाश्चतुर्भागा हिमावती ।।५००।।
जयपालः पञ्चभागो निम्बुद्रवविमर्दितः । क्रिमिघ्नप्रमितावट्यः कार्याः सर्वज्वरच्छिदः ।।५०१।।
शृङ्गवेरेण दातव्या वटिकैकादिने दिने । जीर्णज्वरे तथाऽजीर्णे समे वा विषमेऽपि वा ।।
निहन्त्यसौ ज्वरं सर्वं दावो वनमिवानलः ।।५०२।।

500-502. Navajvarārī Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha*, *svarṇakṣīrī* and purified *jayapāla* and juice of *nimbuka*.

Process of Drug-Making: Gather the purified *pārada* (50 gm.), purified *gandhaka* (100 gm.), purified *vatsanābha* (150 gm.), *svarṇakṣīrī* (200 gm.) and purified *jayapāla* (250 gm.). Mix all of them together and impregnate it with juice of *nimbuka* (lemon) and triturate the preparation well. Finally, prepare pills of the size of *viḍanga* fruit.

Method of use/Administration: Dose of one pill of the medicine should be taken daily with ginger juice.

Therapeutic benefits: It alleviates various types of fever e.g. *jīrṇa*, *ajīrna* (indigestion), *sama* and *viṣama jvara*. This recipe eradicates fever as a wild fire destroys woods.

(*Bhāvaprakāśa*)

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सर्वाङ्गसुन्दररसः–

शुद्धसूतं च गन्धं च विषं च जयपालकम् । कटुत्रयं च त्रिफला टङ्कणं च समांशकम् ।।५०३।।
अस्य मात्रा प्रयोक्तव्या रक्तिकैकासमा ततः । सर्वेषु ज्वररोगेषु सामवाते विशेषतः ।।५०४।।
नाशयेच्छ्वासकासं च ह्यग्निसादं विशेषतः । ब्रह्मणा निर्मितं पूर्वं रसः सर्वाङ्गसुन्दरः ।।५०५।।

503-505. Sarvāngasundara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha*, purified *jayapāla*, dried ginger (*śunṭhī*), *marica*, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī*, water and *tañkaṇa* pods.

Process of Drug-Making: Take all the above components in equal quantity (i.e. 50 gm. each). Mix them properly and get the mix triturated along with water. Finally prepare pills measuring 375 mg. each.

Therapeutic benefits: The medicine alleviates all types of fever (*jvara*), bronchial asthma (*śvāsa*), coughs (*kāsa*) and loss of appetite (*agnimāndya*).

(*Rasendra Sāra Sangraha*)

त्रिपुरभैरवो रसः–

विषटङ्गबलिम्लेच्छदन्तीबीजं क्रमाद्वहु । दन्त्यम्बुमर्दितं यामं रसस्त्रिपुरभैरवः ।।५०६।।
वल्लं व्योषेण चार्द्रस्य रसेन सितयाऽथवा । दत्तो नवज्वरं हन्ति मान्द्यामानिलशोथहा ।।५०७।।
हन्तिशूलंसविष्टम्भमर्शांसिकृमिजान्गदान् । पथ्यंतक्रेणभोक्तव्यं रसेऽस्मिन् रोगहारिणि ।।५०८।।

506-508. Tṛipurabhairava Rasa:

Ingredients: Detoxified root of *viṣa*, detoxified *tañkaṇa*, detoxified *gandhaka* (three parts), detoxified *hiñgula* and powder of detoxified *dantī* seeds and *dantī* root (*mūla*).

Process of Drug-Making: Obtain powder of detoxified root of *viṣa* (50 gm.), detoxified *tañkaṇa* (100 gm.), detoxified *gandhaka* (150 gm.), detoxified *hiñgula* (200 gm.) and powder of detoxified *dantī* seeds (250 gm.). First of all purified *hiñgula* and *gandhaka* should be churned together. Mix the rest of the ingredients into it and get it impregnated with decoction of *dantī* root (*mūla*). Churn the preparation thoroughly and prepare pills each measuring 375 mg. and dry them under sun.

Method of use/Administration: The medicine should be taken in doses of 125 to 375 mg. along with *tṛikaṭu* powder (mixture of dried ginger, *marica* and *pippalī* and ginger juice (*ārdraka Svarasa*), honey or only with sita. While taking

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this medicinal recipe, cooked rice of *ṣaṣṭkā* variety should be consumed with buttermilk.

Therapeutic benefits: This medicine is called *Tripurabhairava Rasa*. It has been proved useful to alleviate *navajvara*, *agnimāndya* (diminished appetite), *āmavāta*, *śotha*, *viṣṭambha*, *karṣya*, *śūla*, *arśa* (various types of haemorrhoids), complications caused by worm infestations, *agnimāndya* (diminished appetite), *guḍakaṇḍu* (itching around anus), *pāṇḍuta*, *romaharṣa*, etc.

(*Rasendra Cintāmaṇi*)

ज्वरधूमकेतुरसः–

भवेत्समं सूतसमुद्रफेनहिङ्गूलगन्धं परिमर्द्य यत्नात् । नवज्वरे वल्लमितं त्रिघस्रमार्द्राम्बुनाऽयं ज्वरधूमकेतुः ।।५०९।।

509. Jvaradhūmaketu Rasa:

Ingredients: *Pārada* detoxified, *samudraphena*, purified *hiñgula* and detoxified *gandhaka* along with the juice of fresh ginger.

Process of Drug-Making: Take *pārada* detoxified, *samudraphena*, purified *hiñgula* and detoxified *gandhaka* in equal quantity. Prepare a fine powder of all these materials and churn them together along with the juice of fresh ginger for three consecutive days. Prepare pills of 375 mg. measure each and dry them under shade.

Method of use/Administration: This medicine is to be taken along with ginger juice.

Therapeutic benefits: The medicine is useful for the treatment of fever of primary or initial stage (*nava* or *Taruṇajvara*).

(*Rasendra Cintāmaṇi*)

मृत्युञ्जयो रसः–

विषस्यैकस्तथाभागोमरिचंपिप्पलीकणा । गन्धकस्यतथा भागो भागः स्याट्टङ्गणस्य वै ।।५१०।।
सर्वत्र समभागः स्याद् द्विभागंहिङ्गुलंभवेत् । जम्बीरस्य रसेनात्र हिङ्गुलं भावयेद्भिषक् ।।५११।।
रसश्चेत्समभागः स्याद् हिङ्गुलं नेष्यते तदा । गोमूत्रशोधितञ्चात्र विषं सौरविशोषितम् ।।५१२।।
चूर्णयेत् खल्लमध्ये तु मुद्गमात्रां वटीं चरेत् । मधुना लेहनं प्रोक्तं सर्वज्वरनिवृत्तये ।।५१३।।
दध्युदकानुपानेन वातज्वरनिबर्हणः । आर्द्रकस्य रसैः पानं दारुणे सान्निपातिके ।।५१४।।
जम्बीररसयोगेन अजीर्णज्वरनाशनः । अजाजीगुडसंयुक्तो विषमज्वरनाशनः ।।५१५।।
जीर्णज्वरे महाघोरे पुरुषे यौवनान्विते । पूर्णमात्रा प्रदातव्या पूर्णं वटिचतुष्टयम् ।।५१६।।

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अतिक्षीणेऽतिबृद्धे च शिशौ चाल्पवयस्यपि । तुर्यमात्रा प्रदातव्या व्यवस्थासारनिश्चिता ।।५१७।।
नवज्वरे प्रदानेन यामैकान्नाशयेज्ज्वरम् । अक्षीणे च कफाभावे दाहे च वातपैत्तिके ।।५१८।।
सितां दद्यात् प्रयत्नेन नारिकेलाम्बु निर्भयम् । अयं मृत्युञ्जयो नाम रसः सर्वज्वरापहः ।
अनुपानप्रभेदेन निहन्ति सकलान् गदान् ।।५१९।।

510-519. Mṛityunjaya Rasa:

Ingredients: purified *viṣa*, *marica*, *pippalī*, detoxified *gandhaka*, detoxified borax, water and purified *hiñgula*. In case *hiñgula* is not to be taken, then *pārada* in could be taken.

Process of Drug-Making: Obtaining the following: purified *viṣa*, *marica*, *pippalī*, detoxified *gandhaka*, detoxified borax in equal quantity (50 gm. each) and purified *hiñgula* in measure of 100 gm. Impregnate the mix of all these materials with *jambira* lemon juice. In case *hiñgula* is not to be taken, then *pārada* measuring 50 gm. could be taken.

First of all the *vatsanābha viṣa* should be soaked in cow's urine for three days. It should be dried in sun light on fourth day. All the component drugs should be mixed and properly triturated by impregnating (*bhāvanā* -processing) the mix with juice of *jambīra* or *ārdraka*. Finally prepare pills of 60 mg. and get them dried under shade.

Method of use/Administration: In *vātika jvara*, it should be given along with watery part of curd. In *ajīrṇajvara*, it should be given with *jambīra svarasa*. With jaggery and cumin powder, it is useful for giving in *viṣamajvara*. In severe stages of the chronic fever, particularly those among young men this drug is prescribed in full dose, i.e. four pills a day. In cases of weak, lean or emaciated patients, very old or aged (and infants of lower age, the dose of recipe may be regulated to a quarter (1/4) of the pill. In *vātapitta jvara*, particularly with strong morbidity and devoid of predominance of *kapha* and *dāha* (burning sensation), the intake of the medicine should be followed by drink of either syrup prepared of sugar and water or coconut water.

Therapeutic benefits: The medicine is effective in alleviating all types of fever. It cures the cases of fever and taken along with various *anupānas*, eliminates all kinds of ailments.

(*Rasendra Sāra Sangraha*)

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श्रीरामरसः–

गन्धकं पारदं तुल्यं मरिचञ्च त्रिभिः समम् ।।५२०।।

बीजं नैकुम्भकं मर्द्यंदन्तीक्वाथेन यामकम् । द्विगुञ्जः शूलविष्टम्भानिलमामज्वरं जयेत् ।।५२१।।

520-521. Śrī Rāma Rasa:

Ingredients: Purified *gandhaka*, purified *pārada* and powder of *marica* (black pepper fruits) and detoxified *jayapāla bīja*.

Process of Drug-Making: Gather purified *gandhaka*, purified *pārada* and powder of *marica* (black pepper fruits) each in equal quantity i.e. one part each and detoxified *jayapāla bīja* in three parts, i.e. equal to all the three main components. (Some of the scholars suggest to take *marica* in three parts and the *jayapāla* in one part only). *Kajjalī* is prepared of *pārada* and *gandhaka* and then powder of *marica* is added to it. This mixture is to be impregnated (*bhāvanā*-processed) by decoction of *dantī* root and triturated for three hours. Finally, pills of 250 mg. each should be prepared and dried under shade.

Method of use/Administration: The drug is to be taken along with lukewarm water.

Therapeutic benefits: It alleviates *śūla* (colic), *malavarodha* (constipation) and *āmajvara* caused by aggravation of *vāta*.

नवज्वराङ्कुशो रसः–

क्रमेण वृद्धान् रसगन्धहिङ्गुलान् नैकुम्भबीजान्यथ दन्तिवारिणा ।

पिष्ट्वाऽस्य गुञ्जाऽभिनवज्वरापहा जलेन चाह्ना सितया प्रयोजिता ।।५२२।।

522. Navajvarānkuśa Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *hiñgula* and purified *jayapāla* seeds and *dantī* (root).

Process of Drug-Making: Obtain the above materialsin the following measures: purified *pārada* (50 gm.), purified *gandhaka* (100 gm.), purified *hiñgula* (150 gm.) and purified *jayapāla* seeds (200 gm.). First of all, *kajjalī* should be prepared of the *pārada* and *gandhaka*. Then, other two components should be added to it and subsequently yhe mix should be ground into a mix of fine powder. This powder should be impregnated with decoction of *dantī* (root) and constantly triturated for three hours. Pills of one 125 mg. weight should be prepared out of the recipe. Finally dry them under shadow.

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Method of use/Administration: The medicine should be given in doses of one pill along with water and sugar.

Therapeutic benefits: It alleviates *navajvara* (fever of primary or initial stage) in one day only.

(*Bhāvaprakāśa*)

प्रचण्डेश्वरसः–

अमृतं पारदं गन्धं मर्दयेत् प्रहरद्वयम् । सिन्दुवाररसैः पश्चाद् भावयेदेकविंशतिम् ।।५२३।।
तिलप्रमाणं दातव्यं नवज्वरविनाशनम् । उद्वेगे मस्तके तैलं तक्रञ्चापि प्रदापयेत् ।
अनुपानं चार्द्ररसः प्रचण्डेश्वरसंज्ञकः ।।५२४।।

523-524. Pracaṇḍeśavara Rasa:

Ingredients: Purified *viṣa*, purified *pārada*, purified *gandhaka* and the juice of *nirgunḍī* leaves (*Sinduvāra rasa*).

Process of Drug-Making: Gather the purified *viṣa*, purified *pārada* and purified *gandhaka*- all in equal quantity i.e. 50 gm. each. First, *kajjalī* of *pārada* (*pārada*) and *gandhaka* (*gandhaka*) is prepared as usual and *viṣa* is added to the same. It is triturated for six hours. This mixture should be impregnated by juice of *nirgunḍī* leaves (*Sinduvāra rasa*) for 21 times and finally dried under shadow.

Method of use/Administration: The drug is to be taken in quantity equal to *tila* (sesamum) seeds (30 mg.). It may be given along with different *anupānas* like ginger juice, juice of holy basil leaves, betel leaves juice and the like. After taking the drug, if patient feels agitation (*udvega*), the massage of oils with cold properties is applied to and buttermilk (*takra*) should be served to him.

Therapeutic benefits: This recipe is known as *Pracaṇḍeśavara Rasa*. It cures the fever of elementary stage.

(*Rasendra Cintāmaṇi*)

वैद्यनाथवटी–

शाणं गन्धमथोरसस्यचतथाकृत्वाद्वयोःकज्जलींतिक्ताचूर्णमथाक्षमेवसकलंरौद्रे त्रिधा भावयेत् ।
पश्चात्तत्सुषवीरसेननतुवाक्वाथेऽमलेत्रैफलेसंशोष्यागुडिका कलायसदृशी कार्या बुधैर्यत्नतः ।।५२५।।
ज्ञात्वा दोषबलं रसेनसुषवीपत्रस्यपर्णस्यवाएकद्वित्रिचतुःक्रमेण वटिकां दद्यात् कदुष्णाम्बुना ।।५२६।।
हन्ति शूलनिचयं नवज्वरं पाण्डुतामरुचिशोथसञ्चयम् रेचने च दधिभक्तभोजनं वैद्यनाथसुकुमाररेचनम् ।।५२७।।

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525-527. Vaidyanāth Vaṭī:

Ingredients: Purified *pārada* and purified *gandhaka* along with decoction or juice of *tṛiphalā* herbs or juice of *kāravellaka*.

Process of Drug-Making: Get 3 gm. each of purified *pārada* and purified *gandhaka* and prepare *kajjalī* out of it. Add the powder of *kaṭuka* (12 gm.) to the *kajjalī* and get it mixed. Process the mix through *bhāvanā* method and triturate it with decoction or juice of *tṛiphalā (*or *kāravellaka)* for three days. Finally, the pills of shape of *kalāya* (i.e. 250 mg.) should be made and dried under shade.

Method of use/Administration: The formulation should be administered in the form of pills. The doses should be increased from one pill to four pills each day. The pills are to be taken with the juice of *kāravellaka* or *tāmbūla* leaves (also honey), which should be followed by drink of lukewarm water.

Therapeutic benefits: The drug alleviates all types of colic and pain, *navajvara* (fever at initial stage), anaemia, anorexia and *śotha* (edema). As pharmacological effect of the drug, the patient passes stool for one or two times. One should take diet of curd and rice when the stool motions become normal. It acts as a laxative for soft nature persons like child, old, woman, king, and the elites.

(*Rasa Rāj Sundara*)

अग्निकुमारो रसः–

मरिचोग्राकुष्ठमुस्तैः सर्वैरेव समं विषम् । पिष्ट्वा चार्द्ररसेनैव वटिका रक्तिकामिता ।।५२८।।
आमज्वरे प्रथमतःशुण्ठ्या च मधुपिष्टया । आर्द्रकस्य रसेनापि निर्गुण्ड्याश्च कफज्वरे ।।५२९।।
पीनसे च प्रतिश्याये आर्द्रकस्य च वारिणा । अग्निमान्द्ये लवङ्गेन शोथे सदशमूलकः ।।५३०।।
दद्याद्ग्रहण्यांशुण्ठ्याचमुस्तकेनातिसारके । सामेचधान्यशुण्ठीभ्यां पक्वे च कुटजं मधु ।।५३१।।
सन्निपातज्वरारम्भेपिप्पल्यार्द्रकवारिणा । कण्टकार्या रसैः कासे श्वासे तैलगुडान्वितम् ।।५३२।।
पीत्वा वटीद्वयं रोगी स्वास्थ्यं समुपगच्छति । सर्वेषामेव रोगाणामामदोषप्रशान्तये ।
अग्निवृद्धिकरो नाम्ना विख्यातोऽग्निकुमारकः ।।५३३।।

528-533. Agnikumāra Rasa:

Ingredients: *Marica*, *vacā*, *kuṣṭha*, *mustā* and purified *vatsanābha* along with with ginger juice.

Process of Drug-Making: Obtain the above materials in the following measures: *marica* (50 gm.), *vacā* (50 gm.), *kuṣṭha* (50 gm.), *mustaka* (50 gm.) and purified *vatsanābha* (200 gm.). All the ingredients should be ground together. The

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mix should be impregnated with ginger juice and subsequently churned for three hours. Pills may be made of 125 mg. measure each out of the preparation.

Method of use/Administration: The medicine is recommended in various diseases with different *anupāna*. In *āmajvara*, it is to be taken with dried ginger powder and honey; in *kaphaja jvara*, it is to be taken with juice of ginger or *nirgunḍī* leaves and honey; in *agnimāndya* (diminished appetite), it is to be taken with clove powder clove treated water; in *śotha*, it is to be taken with decoction of *daśamūla* (group of ten drugs); in *grahaṇī*, it is to be taken with dried ginger powder; in *atisāra*, it is to be taken with *musta* rhizome decoction; in *āmātisāra*, it is to be taken with decoction of ginger and coriander; in *pakvātisāra*, it is to be taken with powder of *kuṭaja* bark and honey; in *sannipātajvarambhā*, it is to be taken with powder of *kuṭaja* bark and honey; in initial stage of *sannipātajvara*, it is to be taken with powder of pepper mixed with fresh ginger juice; in *kāsaroga* it is to be taken with *kañṭakārī* juice mixed with honey; in *śvāsaroga*, it is to be taken with *sarṣapa* or *kaṭu taila* (mustard oil) and *guḍa* (jaggery). Normally, the recipe is consumed in doses of two pills.

Therapeutic benefits: The drug is a suitable medicine in morbidities caused by *āmadoṣa*.

(*Vasava Rājīyam*)

जया वटी–

विषं त्रिकटुकं मुस्तं हरिद्रा निम्बपत्रकम् । विडङ्गमष्टमं चूर्णं छागमूत्रैः समं समम् ।।५३४।।
चणकाभावटीकार्यास्याज्जयायोगवाहिका । जयन्तीमूलचूर्णं च सर्वतुल्यं क्षिपेद् बुधः ।।५३५।।

534-535. Jayā Vaṭī:

Ingredients: Purified *vatsanābha* (root), dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), *mustā* (fruit), *haridrā* (rhizome), *nimba* (leaves) and *viḍanga* (fruit/seed) in equal parts and urine of goat.

Process of Drug-Making: Obtain powder of the following materials: purified *vatsanābha* (root), dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), *mustā* (fruit), *haridrā* (rhizome), *nimba* (leaves) and *viḍanga* (fruit/seed) each in equal parts. Get it added with root-powder of *jayantī* in weight equal to the total weight of the rest of the ingredients. Impregnate the mix with urine of goat and get it triturated. Prepare pills measuring 250 mg. each and dry them under shade.

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Method of use/Administration: This medicine, with various *anupānas* can be used in different diseases due to its *yogavāhī* properties. In the beginning the medicine is to be taken in doses of one pill.

Therapeutic benefits: The medicine is useful in all types of fever.

(*Rasendra Sāra Sangraha*)

जयन्ती वटी–

विषं पाठाऽश्वगन्धा च वचा तालीशपत्रकम् । मरिचं पिप्पली निम्बमजामूत्रेण तुल्यकम् ।
वटिका पूर्ववत् कार्या जयन्ती योगवाहिका ।।५३६।।

536. Jayantī Vaṭī:

Ingredients: Purified *viṣa*, *pāṭala*, *aśvagandhā*, *vacā*, *tāliśapātra*, *marica*, *pippalī* and *neem* leaves. Also take powder of bark of *jayantī*'s roots.

Process of Drug-Making: Take equal parts (10 gm. each) of purified *viṣa*, *pāṭala*, *aśvagandhā*, *vacā*, *tāliśapātra*, *marica*, *pippalī* and *neem* leaves. Also take powder of bark of *jayantī*'s roots equal to the combined weight of the above materials (i.e. 80 gm.). Pulverize these materials along with goat urine and prepare pills measuring 250 mg. each and dry them under shade.

This pill is called *Jayantī Vaṭī* and it is a *yogavāhika*.

Therapeutic benefits: If taken with proper *anupānas* (please see below) it can cure fevers and other diseases.

(*Rasendra Sāra Sangraha*)

योगवाहिकयोर्जयाजयन्तीवट्योर्विविधप्रयोगविधिः–

जयन्ती वा जया वाऽथ क्षीरैः पित्तज्वरापहा । मुद्रामलकयूषेण पथ्यं देयं घृतं विना ।।५३७।।
जयन्ती वा जया वाऽथ सक्षौद्रा मरिचान्विता । सन्निपातज्वरं हन्ति रसश्चानन्दभैरवः ।।५३८।।
जयन्ती वा जया वाऽथ विषमज्वरनुद् घृतैः । सर्वज्वरं मधुव्योषैर्गवां मूत्रेण शीतकम् ।।५३९।।
चन्दनस्यकषायेण रक्तपित्तज्वरापहा । जयन्ती वा जया वाऽथ माक्षिकेण च कासजित् ।।५४०।।
जयन्तीवाजयावाऽथक्षीरैः पाण्डुविनाशिनी । जयन्ती वा जया वाऽथ तण्डुलोदकपानतः ।।५४१।।
अश्मरींहन्तिनोचित्रं मूत्रकृच्छ्रं सुदारुणम् । जयन्ती वा जया वाऽथ गोमूत्रेण युतां पिबेत् ।।५४२।।
हन्त्याशुकाकणंकुष्ठंतल्लेपेन च तद्ध्रुवम् । द्विनिष्कं केतकीमूलं पिष्ट्वा तोयेन पाययेत् ।।५४३।।
जयन्तीवाजया वाऽथ मेहं हन्ति ह्यसंशयम् । जयन्ती वा जया वाऽथ मधुना सर्वमेहनुत् ।।५४४।।
लोध्रंमुस्ताऽभयातुल्यंकट्फलं च जलैः सह । क्वाथयित्वा पिबेच्चानु मधुना सर्वमेहनुत् ।।५४५।।
जयन्तीवाजयावाऽथगुडैः कोष्णजलै सह । त्रिदोषोत्थं हरेद् गुल्मं रसो वाऽऽनन्दभैरवः ।।५४६।।
जयन्तीवाजयावाऽथहन्तिशुण्ठ्याभगन्दरम् । जयन्ती वा जया वाऽथ तक्रेण ग्रहणीप्रणुत् ।।५४७।।

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जयन्ती वा जया वाऽथ रसश्चानन्दभैरवः । रक्तपित्ते त्रिदोषोत्थे शीततोयेन पाययेत् ।।५४८।।
जयन्तीवाजयावाऽथभृङ्गद्रावैर्निशाऽऽन्ध्यनुत् । जयन्तीवाजयावाऽथघृष्टास्तन्येन चाञ्जनम् ।
स्रावणं सर्वदोषोत्थं मांसवृद्धिं च नाशयेत् ।।५४९।।

537-549. Administration of Jayā Vaṭī and Jayantī Vaṭī:

In cases of *Pittajvara*, the drugs should be taken along with cow-milk. While taking the medicine one should take soup of *mudga* and *āmalakī* (without *ghṛita*). Taken along with the *Ānandabhairava Rasa* and powder of *marica* and honey, *Jayā* or *Jyantī Vaṭīs* cures the *sannipātajvara*. Taken along with *ghṛitam*, they prove effective in cases of *viṣamajvara*. Taken along with *madhu* (honey) and *ṭrikaṭu* (*sarvajvara*) they prove effective in cases of all types of fever. Taken along with *gomūtra* (cow's urine) they prove effective in cases of cold fever. Taken along with decoction of *raktacandana* they prove effective in cases of *raktapittajvara*. Taken along with makshika (honey) they prove effective in cases of *kāsa*. Taken along with cow-milk, they prove effective in cases of anaemia. Taken along with *taṇḍulodaka* (rice water) they prove effective in cases of *aśmarī* (calculus) and *mūtrakṛcchra*). Taken along with *gomūtra* (cow's urine) they prove effective in cases of *kākaṇa* type of *kuṣṭha*. Taken along with honey, or if followed by intake of decoction of *lodhra*, *nāgaramustā*, *haraḍa* and *kaṭphala*, these pills prove effective in all kinds of *prameha*. If taken with *Ānandabhirava Rasa* and warm water treated with jaggery, the drugs cure *ṭridoṣaja gulma*. If taken with dried ginger (*śunṭhī*) these pills prove effective in *bhagandara* (fistula-in-ano). If taken with *takra* these pills prove effective in *grahaṇī*. If taken with *ānandabhairavara* and cold water these pills prove effective in *ṭridoṣaja raktapitta*. If taken with *bhṛingarāja* juice these pills prove effective night blindness. If used with woman's milk and applied as a collyrium (*añjana*) these pills prove effective in restoring the eye- pits (*netramāmsa vṛiddhi*).

(*Rasendra Sāra Sangraha*)

अमृतमञ्जरीरसः–
हिङ्गुलं मरिचं टङ्गं पिप्पली विषमेव च । जातीकोषं समं सर्वं जम्बीराद्धिर्विमर्दितम् ।।५५०।।
गुञ्जाद्वयं त्रयं वाऽपि प्रदेयं सान्निपातिके । कासश्वासौ जयत्याशु सर्वज्वरविनाशनः ।।५५१।।

550-551. Amṛitamañjarī Rasa:

Ingredients: Purified *hiñgula*, *marica*, purified *tañkaṇa*, *pippalī*, purified *vatsanābha* and *jātipatri* (*jātīkoṣa*), along with juice of *jambīra* lemon.

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Process of Drug-Making: Purified *hiñgula*, *marica*, *tañkaṇa*, purified, *pippalī*, purified *vatsanābha* and *jātipatri* (*jātīkoṣa*)- all the components are taken in equal part (50 gm. each) and mixed and ground together. This mixture is impregnated (*bhāvanā*- processsed) with juice of *jambīra* lemon and triturated. Then pills of 250 mg. or 375 mg. weight are prepared.

Therapeutic benefits: The drug is used in treatment of *sannipātajvara*, *kāsa*, *śvāsa* and all types of fever (*sarvajvra*).

(*Rasendra Sāra Sangraha*)

ज्वरसिंहो रसः–

पारदं गन्धकं तालं भल्लातञ्च तथैव च । वज्रीक्षीरसमायुक्तमेकत्र च विमर्दयेत् ।।५५२।।
मृत्तिकाभाजने स्थाप्यं मुद्रितव्यं विचक्षणैः । अग्निं प्रज्वालयेत्तत्र प्रहरद्वयसंख्यया ।।५५३।।
शीतलं खल्लयेत्तत्र भावना च प्रदीयते । भृङ्गराजरसैरत्र गण्डदूर्वाभवै रसैः ।।५५४।।
चित्रकस्य रसेनापि भावना दीयते पुनः । पश्चात्तच्चूर्णयेद्यत्नात् कूपिकायाञ्च धारयेत् ।।५५५।।
ज्वर उत्पद्यते यस्य चतुर्थे चापरे पुनः । द्विगुञ्जश्च रसो देयस्तत्क्षणान्नाशयेज्ज्वरम् ।।५५६।।
ज्वरे शान्ते परं पथ्यं देयं मुद्गौदनं पयः ।।५५७।।

552-557. Jvarasimha Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *haratāla* and purified *bhallātaka* along with *snuhī* latex.

Process of Drug-Making: Purified *pārada*, purified *gandhaka*, purified *haratāla* and purified *bhallātaka* are taken in equal parts (50 gm. each). A *kajjalī* is prepared out of purified *pārada* and purified *gandhaka*. Rest of the four ingredients are powdered and added to the *kajjalī*. This mixture of component drugs is impregnated (*bhāvanā*- processed) with *snuhī* latex and subsequently triturated for three hours. It is kept in an earthen pot, duly covered and pasted with mud and cloth. It is put on fire for six hours and taken out when it cools down. Medicinal material is procured and triturated in a hand mortar (*kharala*). The process of impregnation is repeated along using separately the juices of *bhṛingarāja*, *gandadurva* and *citraka* (root)in a sequence. Dry the medicine and get it packed in safe and suitable container.

Method of use/Administration: The medicine is taken in doses of 250 mg. Eatables such as *mudga*, *odana* (cooked rice) and milk could be served when temperature of the patient goes down.

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Therapeutic benefits: It immediately alleviates *caturthikā jvara* and other types of *jvara*.

(*Rasa Rāj Sundara*)

त्रैलोक्यडुम्बररसः–

सूतार्कगन्धचपलाजयपालतिक्ताःपथ्या त्रिवृच्च विषतिन्दुकजं समांशम् ।।
संमर्द्य वज्रिपयसा मधुना त्रिगुञ्जस्त्रैलोक्यडुम्बररसोऽभिनवज्वरघ्नः ।।५५८।।

558. Trailokyaḍumbara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *tāmra* (*bhasma*), purified *jayapāla* (fruit), *pippalī* (fruit), *harītakī* (fruit part), *tṛivṛit* (root) and purified *viṣatindukaja* along with *snuhī* latex.

Process of Drug –Making: Mix all of the ingredients together (50 gm. each) and get the mix triturated with *snuhī* latex. Pills of 375 mg. each should be prepared.

Method of use/Administration: *Trailokyaḍumbara Rasa* is taken along with honey.

Therapeutic benefits: The drug alleviates *navajvara* due its *virechanīya* effect.

(*Rasa Ratna Samuccya*)

गदमुरारिरसः–

रसवलिशिललौहव्योषताम्राणि तुल्यान्यथ सदरदनागं भागमेतत्प्रदिष्टम् ।
भवति गदमुरारिश्चास्य गुञ्जाद्वयं वैक्षपयति दिवसेन प्रौढमामज्वराख्यम् ।।५५९।।

559. Gadamurāri Rasa:

Ingredients: *Pārada* and *gandhaka*, *manahśilā*, purified *lauha bhasma*, dried ginger, *pippalī*, *marica*, *tāmra bhasma*, purified *hiñgula* and *nāga bhasma*.

Process of Drug-Making: Prepare *kajjalī* out of *pārada* and *gandhaka* each taken in 24 gm. measure. Take 12 gm. each of *manahśilā*, purified *lauha bhasma*, dried ginger, *pippalī*, *marica*, *tāmra bhasma*, purified *hiñgula* and *nāga bhasma* and mortar all these materials and the *kajjalī* along with water. Prepare pills measuring 250 mg. each.

Therapeutic benefits: This pill has the capability of curing chronic *āmajvara*.

(*Rasendra Cintāmaṇi*)

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ज्वरहरी वटी–

सीसकं रससिन्दूरं हरितालं विषं समम् । एकत्र मर्दयेत् सर्वं सर्षपाभां वटीं चरेत् ।।५६०।।
ज्वरविच्छेदकाले च सितया सह योजयेत् । द्वित्रिवटीप्रयोगेण ज्वरशान्तिर्न संशयः ।।५६१।।

560-561. Jvārāharī Vaṭī:

Ingredients: *Nāgabhasma*, *Rasasindūra*, *haritāla bhasma* and purified *vatsanābha*.

Process of Drug-Making: Obtain *nāgabhasma*, *Rasasindūra*, *haritāla bhasma* and purified *vatsanābha* in equal quantity (i.e. 50 gm. each) and get them triturated together along with water. Prepare pills of the weight of mustard seeds.

Method of use/Administration: The drug is to be taken in doses of one pill with sugar when fever (temperature) goes down.

Therapeutic benefits: The medicine alleviates fever without any doubt.

रत्नगिरिरसः–

शुद्धसूतं समं गन्धं मृतताम्राभ्रहाटकम् । प्रत्येकं सूततुल्यं स्यात् सूतार्द्धं मृतलौहकम् ।।५६२।।
लौहार्द्धं मृतवैक्रान्तं मर्दयेद् भृङ्गजद्रवैः । पर्पटीरसवत्पाच्यं चूर्णितं भावयेत् पृथक् ।।५६३।।
शिग्रुवासकनिर्गुण्डीवचाऽग्निभृङ्गमुण्डिकैः । द्राक्षाऽमृताजयन्तीभिर्मुनिब्राह्मीसुतिक्तकैः ।।५६४।।
कन्यायाश्चद्रवैर्भाव्यं प्रतिवारैस्त्रिधा त्रिधा । रुद्ध्वा लघुपुटे पाच्यं बालुकायन्त्रमध्यगम् ।।५६५।।
यन्त्रं निरुद्ध्य यत्नेन स्वाङ्गशीतं समुद्धरेत् । चूर्णं नवज्वरे देयं माषमात्रं रसस्य वै ।।५६६।।
कृष्णाधान्यसमायुक्तं मुहूर्त्तान्नाशयेज्ज्वरम् । अयं रत्नगिरिर्नाम रसो योगस्य वाहकः ।।५६७।।

562-567. Ratana Giri Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *tāmra bhasma*, *abhraka bhasma*, *svarṇa bhasma*, purified *lauha bhasma* and *vaikrānta bhasma* along with the juices of *bhṛingarāja*, *śigru*, *vāsaka*, *nirgundī*, *vacā*, *citraka*, *bhṛingarāja*, *mahāsrāvaṇikā*, raisin fruits, *guḍūcī*, *jayantīpatra*, *agastya*, *brāhmī*, *kaṭukī* and *ghṛitakumārī*.

Process of Drug-Making: First, prepare *kajjalī* out of the *pārada* (20 gm.) and *gandhaka* (20 gm.) and mix into it purified *tāmra* (20 gm.), *abhrabhasma* (20 gm.), *svarṇabhasma* (20 gm.), purified *lauha* (10 gm.) and *vaikrānta bhasma* (5 gm.). Get the mix triturated with the juice of *bhṛingarāja* for three consecutive days. Process the preparation through prescribed method of *parpaṭīpaka*. Then it should be made to a powder which should be impregnated for three times separately in each of the juice of *śigru*, *vāsaka*, *nirgundī*, *vacā*, *citraka*,

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bhṛingarāja, *mahāsrāvaṇikā*, raisin fruits, *guḍūcī*, *jayantīpatra*, *agastya*, *brāhmī*, *kaṭukī* and *ghṛitakumārī*. Using all the liquids would require continuing the *bhāvanā* process for 42 days. However, one should continue to do this without getting lazy. Then the recipe should be given *laghu puṭa*. When, it cools down of its own, the powder should be taken out.

Method of use/Administration: It should be given in the dose of 60 to 125 mg. along with *pippalī* and *dhānya* in freshly occurring fever.

Therapeutic benefits: By taking this drug, the patient becomes immediately free from fever. Taken with different *anupānas*, the medicine could cure all kinds of diseases as it contains the *yogavāhi* properties.

(*Rasa Kāmdhenu*)

प्रतापमार्त्तण्डो रसः–

विषहिङ्गुलजैपालटङ्कणं क्रमवर्द्धितम् । रसः प्रतापमार्त्तण्डः सद्यो ज्वरविनाशनः ।।५६८।।

568. Pratāpamārtanḍa Rasa:

Ingredients: Purified *viṣa*, purified *hiñgula*, purified *jātīphala* and purified borax.

Process of Drug-Making: Obtain purified *viṣa* (10 gm.), purified *hiñgula* (20 gm.), purified *jāyapāla* (30 gm.) and purified borax (40 gm.). Triturate all these materials along with water. The medicine thus obtained is known as *Pratāpamārtanḍa Rasa*.

Method of use/Administration: This medicine should be consumed in doses of 60 to 125 mg. Depending on the concentration of *doṣas*, the medicine should be taken along with juice of ginger and honey, etc.

Therapeutic benefits: It immediately cures fever. This medicine acts like a purgative.

(*Rasendra Sāra Sangraha*)

चण्डेश्वरो रसः–

रसं गन्धं विषं ताम्रं मर्दयेदेकयामकम् । आर्द्रकस्य रसेनैव मर्दयेत्सप्तवारकम् ।।५६९।।
निर्गुण्ड्याः स्वरसे पश्चान्मर्दयेत्सप्तवारकम् । गुञ्जैकार्द्ररसेनैव दत्तो हन्ति ज्वरं क्षणात् ।।५७०।।
वातजं पित्तजं श्लैष्मं द्विदोषजमपि क्षणात् । सुशीतलजले स्नानं तृषाऽर्त्ते क्षीरभोजनम् ।।५७१।।
आम्रञ्च पनसञ्चैव चन्दनागुरुलेपनम् । एतत्समो रसो नास्ति वैद्यानां हृदयङ्गमः ।।
एष चण्डेश्वरो नाम सर्वज्वरकुलान्तकृत् ।।५७२।।

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569-572. Candeśavara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *viṣa* and *tāmra bhasma*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and juices of ginger and *nirgundī* leaves.

Process of Drug-Making: Take equal parts (i.e. 50 gm.) each of purified *pārada*, purified *gandhaka*, purified *viṣa* and *tāmra bhasma*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials to it. Mortar the materials together for three hours. Following this, triturate the compound separately with juice of ginger for one time and two times with juice of *nirgundī* leaves and subsequently mortar it again. Prepare pills in measurement of 125 mg. each.

Method of use/Administration: Take the medicine in doses of one pill. (modern dose half pill) along with juice of ginger (and honey). During the medication period, the patient should be bathed with cold water and should drink cold water when feeling thirsty. When the patient feels hunger, he should be given milk, *śasthi* rice, mango and jackfruit. Applying sandalwood and *aguru* as ointment or poultice on forehead or on body is also beneficial.

Therapeutic benefits: This medicine is known as *Candeśavara*. It cures all types fevers. This pill is very beneficial in curing fever caused due to *vāta*, *pitta*, *śleṣma* and other. In cases of fever, physicians prefer this medicine to other medicine as they believe it to be the most effective medicine in treating fever.

(*Rasa Kāmdhenu*)

उदकमञ्जरी रसः–

सूतो गन्धष्टङ्गणः सोषणः स्यादेतैस्तुल्या शर्करा मत्स्यपित्तैः ।
भूयो भूयो भावयेच्च त्रिरात्रंवल्लो देयः शृङ्गवेरस्य वारा ।।५७३।।
सम्यक्तापे वारिभक्तं सतक्रंवृन्ताकाढ्यं पथ्यमत्र प्रदिष्टम् ।
अह्नायोग्रं हन्ति सामं प्रभावात्पित्ताधिक्ये मूर्ध्नि वारिप्रयोगः ।।५७४।।

573-574. Udakamañjarī Rasa:

Ingredients: Powders of purified *pārada*, purified *gandhaka*, purified *tañkan* and *marica* along with sugar (*śarkara*) and the *matsya pitta* (fish-*pitta*).

Process of Drug-Making: Take powders of purified *pārada*, purified *gandhaka*, purified *tañkan* and *marica* in equal parts (or one part) (i.e. 50 gm. each) each along with sugar (*śarkara*) in quantity of equal to all the four drugs (or

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200 gm.). First of all, prepare *kajjalī* and mix into it the rest of drugs. This mixture should be impregnated with with *matsya pitta* (fish-*pitta*) for three consecutive nights. Finally it should be dried up and suitably packed in safe container.

Method of use/Administration: The medicine is to be taken in doses of 375 mg. with fresh ginger juice. When temperature of the patient comes down to normal, cold-water can be taken by the patient. Cooked rice with buttermilk and aubergine should be given to patient when he feels hungery. In case, *pitta* aggravates or increases after use of the medicine, one should get the sprinkling of cold water on head. Similarly, cloth-piece wet in cold water may be placed on his head.

Therapeutic benefits: This recipe promptly alleviates severe fever associated with *āmadoṣa*.

(*Bhāvaprakāśa*)

अचिन्त्यशक्ती रसः–

रसगन्धकयोर्ग्राह्यं प्रत्येकं माषकद्वयम् । भृङ्गकेशाख्यनिर्गुण्डीमण्डूकीपत्रसुन्दरः ।।५७५।।
श्वेतापराजितामूलं शालिञ्चं कालमारिषम् । सूर्यावर्तः सितश्चैषां चतुर्माषकसम्मितैः ।।५७६।।
प्रत्येकं स्वरसैः खल्लशिलायामवधानतः । स्वर्णमाक्षिकमाषञ्च दत्त्वा मरिचमाषकम् ।।५७७।।
नेपालताम्रदण्डेनदृष्ट्वा तत्कज्जलद्युति । वटी मुद्गोपमा कार्या छायाशुष्का तु रक्षिता ।।५७८।।
प्रथमे वटिकास्तिस्रः कृत्वा नवशरावके । ततः खसर्पणं सूर्यं पूजयित्वा प्रणम्य च ।।५७९।।
वारिणा गोलयित्वा तु पातुं देयञ्च रोगिणे । स्वेदोपवासरचिते क्लान्ते चात्यबले तथा ।।५८०।।
द्वितीयेऽह्नि वटीयुग्मं वटीमेकां तृतीयके । यावत्यो वटिका देयास्तावज्जलशरावकम् ।।५८१।।
तृष्णायाञ्चरसं दद्याज्जाङ्गलानां जलं तृषि । लुलायदधिसंयुक्तं भक्तं भोज्यं यथेप्सितम् ।।५८२।।
लावपक्षिरसो देयः संस्कृतः सैन्धवादिभिः । पथ्यमग्निबलं वीक्ष्य वारिभक्तरसं तथा ।।५८३।।
शिरश्चलनशूलादौ तैलं नारायणादि च ।।५८४।।

575-584. Acintyaśakti Rasa:

Ingredients: Detoxified *pārada*, detoxified *gandhaka*, the *bhṛingarāja* (leaves/whole plant), *keśākhya*, *nirgunḍī* (leaves), *manḍukaparṇī* (leaves), *patrasundara* (*gṛīṣmasundara*) (leaves/flowers), *śveta aparājitā* (root), *śāli nca* (leaves), *taṇḍuliyaka* (*kalamariṣ sāka*) (leaves) and *sūryāvarta-sita* (root) along with *svarṇamākṣika bhasma* and *marica* powder.

Process of Drug-Making: Get the above materials in the following measures: detoxified *pārada* (50 mg.), detoxified *gandhaka* (50 mg.), 100 ml. measure each of the *bhṛingarāja* (leaves/whole plant), *keśākhya*, *nirgunḍī* (leaves),

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manḍukaparṇī (leaves), *patrasundara* (*grīṣmasundara*) (leaves/flowers), *śveta aparājitā* (root), *śāli nca* (leaves), *taṇḍuliyaka* (*kalamari saka*) (leaves) and *sūryāvarta-sita* (root). Firstly, *pārada* and *gandhaka* should be mixed and triturated for preparing *kajjalī*. Subsequently, the process of impregnation should begin by employing juice of all the nine herbs, separately triturating them in a stone mortar. Afterwards, *svarṇamākṣika bhasma* and *marica* powder each measuring 25 mg. should be added to the preparation. This mixture should be triturated well with Napelese *tāmra danḍa* (copper baton) as is done in preparing the *kajjalī*. Finally, pills measuring 60 mg. each should be prepared and dried under shade.

Method of use/Administration: One first day, three pills should be put in new *śarāva* (a bowl) and offered to the sun in worship. Water should be later added in *śarāva* to dissolve the pills. It should be subsequently served to the patient. Likewise, two pills on second day and one pill on third day should be processed and served to the patient having lost strength. During the period of drug administration, the patient should take water filled in *śarāva* as many times as the number of pills taken.

In case patient feels thirsty, meat soup of wild animals and birds as well as water should be given. Curd of buffalo's milk mixed in cooked rice should be given in a quantity desired by him, when be becomes hungry. Meat soup of partridge duly fried with relishing or tasty spices should be served to him. Thus, wholesome food and other edible articles should be given as suiting to his appetite (*agnibala*). In condition of deficient power of digestive fire, *mānḍa* obtained from rice cooked in water should be taken by him. If patient suffers from vertigo and headache anti-*vāta* medicated oils such as the *Nārāyaṇa Taila* and the like should be used.

(*Rasa Rāj Sundara*)

ज्वरकेशरी रसः–

शुद्धसूतं विषं व्योषं गन्धं चैव फलत्रयम् । जयपालं समं कुर्याद् भृङ्गतोयेन मर्दयेत् ।।५८५।।
गुञ्जामात्रान्तु वटिकां कृत्वा वैद्यः प्रयत्नतः । प्रमाणं सर्षपाकारं बालानाञ्च प्रशस्यते ।।५८६।।
नारिकेलाम्बुना वाऽपि सर्वज्वरविनाशिनी । नारिकेलजलं शस्तं त्रिकर्षं पायदेयनु ।।५८७।।
सितया वा समं पीता पित्तज्वरविनाशिनी । मरिचेन च पीता सा सन्निपातज्वरं जयेत् ।।५८८।।
पिप्पलीजीरकाभ्यान्तु दाहज्वरविनाशिनी । विषमज्वरं च भूतोत्थं ज्वरं प्लीहानमेव च ।।५८९।।
अग्निमान्द्यमजीर्णञ्च श्वयथुञ्च सुदारुणम् । शूलाजीर्णं तथा गुल्मं पित्तकुष्ठमशेषतः ।
ज्वरकेशरी रसोऽसौ तरुणज्वरनाशकृद् ।।५९०।।

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585-590. Jvarakeśarī Rasa:

Ingredients: Purified *pārada*, purified *vatsanābha* (*viṣa*), *vyoṣa* herbs (dried ginger, *marica* and *pippalī*), purified *gandhaka*, *triphalā* herbs (*harītakī*, *vibhītaka* and *āmalakī*), purified *jayapāla* along with the juice of *bhṛingarāja*.

Process of Drug-Making: Get the purified *pārada*, purified *gandhaka*, purified *vatsanābha* (*viṣa*), *triphalā* herbs (*harītakī*, *vibhītaka* and *āmalakī*), *trikaṭu* herbs (dried ginger, *marica* and *pippalī*) all in equal parts (i.e. 50 gm. each). First of all, prepare *kajjalī* of *pārada* and *gandhaka* and add the remaining to it. Subsequently, impregnate (*bhāvanā*-process) the compound in juice of *bhṛingarāja*. Pills measuring 125 mg. are to be made out of it. For children pills of the size of mustard seeds should be prepared.

Method of use/Administration: Taken along with coconut water in doses of 36 ml. this drug cures one from all kinds of fever. Taken along with raw sugar this drug cures one from *pitta* type of fever. Taken along with *marica* powder and honey, this drug cures one from *sannipāta*. Taken along with *pippalī* powder in 250-500 mg. and powder of roasted cumin seeds in 1 gm. measure this drug cures one from fever associated with high temperature in hands and feet.

(*Rasendra Sār Sangraha*)

महाज्वराङ्कुशरसः–

शुद्धसूतोविषंगन्धःप्रत्येकंशाणसंमितः । धूर्त्तबीजं त्रिशाणंस्यात् सर्वेभ्यो द्विगुणा भवेत् ।।५९१।।
हेमाह्वा कारयेदेषां सूक्ष्मचूर्णं प्रयत्नतः । देयं जम्बीरमज्जाभिश्चूर्णं गुञ्जाद्वयोन्मितम् ।।५९२।।
आर्द्रकस्वरसैर्वाऽपिज्वरंहन्तित्रिदोषजम् । ऐकाहिकंद्व्याहिकं वा त्र्याहिकं च चतुर्थकम् ।
विषमं च ज्वरं हन्याज्ज्वराङ्कुशरसो महान् ।।५९३।।

591-593. Mahājvarānkuśa Rasa:

Ingredients: Purified *pārada*, purified *gandhaka* and purified *viṣa*, powder of purified *dhatūra* along with the powder of roots of *hemavhā* (*satyānāśī*)

Process of Drug-Making: Get purified *pārada*, purified *gandhaka* and purified *viṣa* in equal parts (each measuring 18 gm. each). Take powder of purified *dhatūra* seeds equivalent to the combined weight of the above materials i.e. 12 gm. and also take powder of root of *hemavha* (*satyānāśī*) measuring twice the quantity of all the four materials. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and add rest of the materials into it after pulverizing the same. Mortar the compound with juice of *jambira* lemon and ginger juice for two

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consecutive days. Prepare pills measuring two *raktikās* (250 mg.) each and dry them in shade.

Method of use/Administration: It should be consumed along with juice of ginger.

Therapeutic benefits: This medicine is known as *Mahājvarānkuśa Rasa*. It cures fever caused because of disordered *doṣas*. It also checks *ekāhikā*, *dvyāhika*, *tryāhika* and *caturtika viṣam jvara*.

(*Śārangdhar Sanhitā*)

सन्निपातज्वरादौ मोहान्धसूर्यो रसः (नस्ये)–

गन्धेशौ लशुनाम्भोभिर्मर्दयेद्याममात्रकम् ।।५९४।।

तस्योदकेन संयुक्तं नस्यं तत्प्रतिबोधयेत् । मरिचेन समायुक्तं हन्ति तन्द्राप्रलापकम् ।।५९५।।

594-595. Mohāndha Sūrya Rasa:

Ingredients: Purified *pārada* and purified *gandhaka*.

Process of Drug-Making: Purified *pārada* and purified *gandhaka* in equal proportion (i.e. 50 gm. each) should be mixed, triturated and formed into a *kajjalī* that should be subsequently impregnated with garlic juice (250 ml.) for three hours.

Method of use/Administration: The medicine is used for application as *nasya* (nasal therapy) with garlic juice. It is also suggested as snuff (*nasya*).

Therapeutic benefits: It restores consciousness of patient afflicted with *tandrā* and *mūrcchā*. The same is recommended for internal use with *marica* powder and also suggested as snuff (*nasya*) in order to alleviate *tandrā* and *pralāpa* (delirium).

(*Rasendra Cintāmani*)

कुलवधूरसः (नस्ये)–

शुद्धसूतं मृतं नागं मृतं ताम्रं मनःशिला । तुत्थकं तुल्यतुल्यांशं दिनमेकं विमर्द्दयेत् ।।५९६।।

रसैश्चोत्तरवारुण्याश्चणमात्रा वटी कृता । सन्निपातं निहन्त्याशु नस्यमात्रेण दारुणम् ।

एषा कुलवधूर्नाम जलैर्घृष्टा प्रदापिता ।।५९७।।

596-597. Kulavadhū Rasa:

Ingredients: Purified *pārada*, *nāgabhasma*, *tāmrabhasma*, purified *manahśilā* and purified *tutthaka* along with juice or decoction of *indravāruṇī*.

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Process of Drug-Making: Purified *pārada*, *nāgabhasma*, *tāmrabhasma*, purified *manahśilā* and purified *tutthaka* all in equal proportion (i.e. 20 gm. each) should be ground into powder. These powders should be together impregnated with juice or decoction of *indravāruṇī* and triturated for whole day. Finally, the pills of measure of 250 mg. should be prepared.

Method of use/Administration: The medicine is recommended for administering as snuff (*nasya*) after rubbing the same in water.

Therapeutic benefits: This recipe known as *Kulavadhū Rasa*. The medicine is taken to alleviate quickly the *sannipātta jvara*.

(*Rasendra Sār Sangraha*)

नस्यभैरवः–

मृतसूतार्कतीक्ष्णाग्नि टङ्गणं खर्परं समम् । सव्योषमर्कदुग्धेन दिनं संमर्दयेद् दृढम् ।।५९८।।
अर्कक्षीरयुतं नस्यं सन्निपातहरं परम् ।।५९९।।

598-599. Nasya Bhairava:

Ingredients: *Rasasindūra*, *tāmrabhasma*, *lauhabhasma*, *citraka* (root) (powder), fried *tañkaṇa* (powder), *kharpara bhasma*, and *vyoṣa* (dried ginger, *marica*, *pippalī*) along with the latex of *arka*.

Process of Drug-Making: Take in equal parts (10 gm. each) the *rasasindūra*, *tāmrabhasma*, *lauha bhasma*, *citraka* (root) (powder), fried *tañkaṇa* (powder), *kharpara bhasma*, and *vyoṣa* (dried ginger, *marica*, *pippalī*). All the components are mixed and a powder is made out of them. The powder is impregnated with *arka* latex and triturated for one day adequately.

Method of use/Administration: The drug is administered as snuff.

Therapeutic benefits: The drug is effective to alleviate *sannipāta jvara*.

(*Rasendra Sār Sangraha*)

उन्मत्तरसः (नस्ये)–

रसं गन्धं च तुल्यांशं धुस्तूरफलजैर्द्रवैः । मर्दयेद्दिनमेकन्तु तुल्यं त्रिकटुकं क्षिपेत् ।

600. Unmatta Rasa:

Ingredients: *Pārada* and *gandhaka*, juice of *dhatturā* fruit and powder of *tṛikaṭu* herbs (dried ginger, pepper and *marica*).

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Process of Drug-Making: Obtain purified *pārada* and *gandhaka* in equal proportion (i.e. 10 gm. each) and prepare *kajjalī* out of them. It should be impregnated (*bhāvanā* -processed) with juice of *dhatturā* fruit and triturated for whole day. Subsequently, powder of *tṛikaṭu* herbs (dried ginger, pepper and *marica*) measuring 30 gm. should be mixed into it.

Method of use/ Administration: The medicine is recommended for administering as snuff (*nasya*).

Therapeutic benefits: The medicine is recommended in cases of *sannipātta jvara*.

(*Rasendra Sār Sangraha*)

अञ्जनभैरवरसः–

सूततीक्ष्णकणागन्धमेकांशं जयपालकम् । सर्वैस्त्रिगुणितं जम्भवारिणा च सुपेषितम् ।।६०१।।
नेत्राञ्जनेन हन्त्याशु सर्वोपद्रवमुद्धतम् ।।६०२।।

601-602. Añjanabhairava Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma* and *pippalī* with purified *jayapāla*.

Process of Drug-Making: Take in equal parts (10 gm. each) purified *pārada*, purified *gandhaka*, *lauha bhasma* and *pippalī* with purified *jayapāla* in triple quantity (i.e. 120 mg.). *Kajjalī* of *pārada* and *gandhaka* should be prepared and rest of the ingredients (*lauha bhasma* and *pippalī*) should be added to it. Subsequently the purified *jayapāla* is mixed into the preparation. It should be thouroughly impregnated along with the juice of *jambīra* (*jambhavāri*).

Method of use/Administration: This recipe is applied in eyes in the form of collyrium (*añjana*).

Therapeutic benefits: The medicine eradicates all types of *sannipāta jvara*.

(*Rasendra Cintāmani*)

सौभाग्यवटी–

सौभाग्यामृतजीरपञ्चलवणव्योषाभयाऽक्षामलानिश्चन्द्राभ्रकशुद्धगन्धकरसानेकीकृतान् भावयेत् ।
निर्गुण्डीयुगभृङ्गराजकवृषापामार्गपत्रोल्लसत्प्रत्येकस्वरसेन सिद्धवटिका हन्ति त्रिदोषोदयम् ।।६०३।।
येषां शीतमतीव दाहमखिलं स्वेदद्रवार्द्रीकृतंनिद्रां घोरतरां समस्तकरणव्यामोहमूढं मनः ।
शूलंश्वासबलासकाससहितंमूर्च्छाऽरुचितृड्ज्वरंतेषांवैपरिहृत्यजीवितमसौगृह्णारतिमृत्योर्मुखात् ।।६०४।।

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603-604. Saubhāgya Vaṭī:

Ingredients: Purified *tañkaṇa* (*saubhāgya*), purified *viṣa* (*amṛitā*), cumin seeds (white variety), *pañca lavaṇa* (*saindhava*, *rucaka*, *viḍa*, *audbhida*, *samudra*) *vyoṣa* (*harītakī*, *āmalakī*, *vibhītaka*), *abhraka bhasma*, purified *gandhaka* and purified *pārada*.

Process of Drug-Making: Take in equal parts (i.e. 50 gm.) each of the ingredients. First of all, *kajjalī* of *pārada* and *gandhaka* should be prepared. Then, powders of the rest of drugs should be mixed with *kajjalī*. Subsequently, the mix is processed through the impregnation (*bhāvanā*) process using, in sequence, the *nirgunḍī* (white variety), *nirgunḍī-nīla* (blue variety), *bhṛingarāja*, *vacā* and *apāmārga* (using their juice of leaves/whole plant or decoction). The *bhāvanā* process is to be repeated for seven times with each drug. Finally, pills of 250 mg. each should be prepared.

Therapeutic benefits: *Saubhagyavati* alleviates *jvara* caused by *tṛidoṣa* and *pralepaka jvara* (*jvara* onset with excessive cold or burning sensation when body becomes wet by sweating). It also relieves from excessive sleepiness, *indṛiya vyāmoha* (loss in the capacity of sense organs), *manoglāni* (depression), etc. It also alleviates various complications like *śūla*, *kāsa* (coughs) and bronchial asthma (*śvāsa*), *kaphotkleśa* (nausea due to expulsing cough), *mūrcchā* (fainting), *aruci* (anorexia) and morbid thirst. Thus, the formulation effects to get rid off death and restore life to patient by taking him back from mouth of death and bestowing/imparting new, life to dying patient.

(*Rasendra Sār Sangraha*)

वेतालरसः–

शुद्धं सूतं विषं गन्धमरिचालं समांशकम् । मर्दयेच्छिलया तावद्यावज्जायेत कज्जली ।।६०५।।
आर्द्रकस्य रसेनाथ कारयेद्वटिकाः शुभाः । गुञ्जामात्रा प्रदातव्या सन्निपाते सुदारुणे ।।६०६।।
साध्यासाध्यंनिहन्त्याशु सन्निपातं भयङ्करम् । ईशेन कथितो ह्येष वेतालाख्यो महारसः ।।६०७।।
गुञ्जामिता चास्य मात्रा पिप्पलीमधुसंयुता । योज्या वाते तथा शिग्रुरसेनार्द्ररसेन वा ।।६०८।।
सितया जीरकेणापि देया पित्तज्वरे बुधैः । शर्करामधुयष्टीभ्यां भूनिम्बसितयाऽथवा ।।६०९।।
शीतज्वरेषु योज्या सा पिप्पलीमधुसंयुता । अथवा मधुशुण्ठीभ्यामनुपानेन रोगजित् ।।६१०।।
दन्तपङ्क्तिर्दृढा यस्य लोचने भ्रान्ततारके । चलिते चेन्द्रियग्रामे वेतालं विनियोजयेत् ।।६११।।
म्लानेषु लिप्तदेहेषु मोहग्रस्तेषु देहिषु । दातुमर्हति वेतालं यमदूतनिवारकम् ।।६१२।।

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605-612. Vetāla Rasa:

Ingredients: Purified *pārada*, purified *vatsanābha*, purified *gandhaka*, *marica*, and purified *haritāla* along with juice of fresh ginger.

Process of Drug-Making: Obtain *pārada*, purified *vatsanābha*, purified *gandhaka*, *marica*, and purified *haritāla*, all in equal parts. First, *kajjalī* of *pārada* and *gandhaka* should be prepared and the remaining drugs all in powder form, should be mixed into it. This mixture of all the ingredient should be impregnated with juice of fresh ginger and triturated constantly till it becomes black, fine and smooth. Lastly, pills measuring 125 mg. should be prepared.

Method of use/ Administration and Therapeutic benefits: Taking one pill of the drug daily alleviates various types of *sannipātta jvara* and different complications of severe stages. It alleviates *sannipātta jvara* when given with *pippalī* and *madhu*. It should be used with *śigru* or *ārdraka* juice in *vātaja jvara*. In *pittaja jvara*, it is indicated for oral use with sugar (*sita*) and *jīraka*. It should be used with sugar (*śarkara*) and *yaṣṭimadhu* or *kirātatikta* in *śītajvara*. The recipe is suggested to be used with either *pippalī* (fruit powder) and honey or honey (*madhu*) and dried ginger (*śunṭhī*) powder in various other diseases. *Śrī Vetala Rasa* is specifically recommended for treatment in critical condition of patient when his dentition (mouth) is closed, his eyeballs displaced and his sense organs have become incapable. *Śrī Vetāla Rasa* must be used once in dire emergent situation, when body of the patient is sweatening and his *ātma* (soul) is disturbed.

(*Rasendra Sār Sangraha*)

सन्निपाते श्रेष्ठतरः, प्रलापे च–

चक्रिकारसः–

रसं गन्धं विषञ्चैव धुस्तूरं मरिचं तथा । शोधितञ्च तथा तालं माक्षिकञ्च समांशकम् ।।६१३।।
दन्तीक्वाथेनसम्भाव्यगुञ्जामात्रातुचक्रिका । साध्या साध्यान्निहन्त्याशु सन्निपातांस्त्रयोदश ।।६१४।।

613-614. Cakrikā Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *viṣa*, purified *dhatturā*, *marica*, purified *haratāla* and purified *svarṇamākṣika* along with decoction of *dantī* root.

Process of Drug-Making: Obtain in equal parts (i.e. 50 gm. each) purified *pārada*, purified *gandhaka*, purified *viṣa*, purified *dhatturā*, *marica*, purified *haratāla* and purified *svarṇamākṣika*. *Kajjalī* of *pārada* and *gandhaka* is prepared

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and rest of the drugs are ground into a fine powder and added to the *kajjalī*. This mixture is impregnated with decoction of *dantī* root. Then, pills of 125 mg. measure are prepared and kept in safe container.

Therapeutic benefits: *Cakrikā Rasa* promptly eradicates curable and incurable *sannipāta jvara* of thirteen types.

चक्रीरसः–

शम्भोःकण्ठविभूषणंसमरिचंतालंतथापारदंदेवीबीजयुतं सुशोधिततमं जैपालबीजोत्तमम् ।।६१५।।
दन्तीमूलयुतंसमागधिफलं सर्वं समांशं नयेत्तत्सर्वं परिमर्द्य चार्द्रकरसैर्गुञ्जाप्रमाणं रसम् ।।
दद्याद्घोरतरेत्रयोदशविधेदोषे च चक्र्याह्वयंतन्द्रादाहसमन्विते च तृषया सम्पीडिते मानवे ।।६१६।।

615-616. Cakrī Rasa:

Ingredients: *Viṣa* (also a synonym to necklace of God Śambhu), *marica* (black pepper fruit), purified *haratāla*, purified *pārada*, purified *gandhaka* (also a synonym to *devībīja*), purified *jayapāla* (seed), *dantī* (root) and *pippalī* (pepper fruit) along with juice of fresh ginger.

Process of Drug-Making: Take all the ingredients in equal parts (i.e. 50 gm. each) and compound them into a fine powder. Prepare, *kajjalī* of *pārada* and *gandhaka* and mix into it the powdered compound. The compound is impregnated (*bhāvanā* - processed) with juice of fresh ginger and triturated. Pills of 125 mg. weight are made out of the compound, dried under shade and kept in suitable container.

Therapeutic benefits: This *Cakrī Rasa* alleviates all the thirteen types of *sannipātta jvara* associated with excessive thirst, burning sensation and drowsiness.

ब्रह्मरन्ध्ररसः–

रसाभ्रगन्धकं तालं हिङ्गुलं मरिचं तथा । टङ्कणं सैन्धवोपेतं सर्वांशममृतं तथा ।।६१७।।
सर्वे पादसमोपेतं महिषीपित्तमर्दितम् । ब्रह्मरन्ध्रे प्रयोक्तव्यं संन्यासज्ञानसङ्गमे ।।६१८।।
सहस्रकलशैः स्नानं लेपनं चन्दनादिभिः । इक्षुमुद्गरसैर्भोज्यं तक्रभक्तं यथेप्सितम् ।।६१९।।

617-619. Brahmarandhra Rasa:

Ingredients: Purified *pārada*, *abhraka bhasma*, purified *gandhaka*, purified *haritāla*, purified *hiñgula*, *marica* (fruit powder), purified *tañkaṇa*, rock salt along with purified *vatsanābha* and *mahiṣī pitta*.

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Process of Drug-Making: Obtain the following materials measuring 10 gm. each: purified *pārada*, purified *gandhaka*, *abhraka bhasma*, purified *haritāla*, purified *hiñgula*, purified *tañkaṇa*, *marica* (fruit powder), rock salt also obtain purified *vatsanābha* measuring 80 gm. First of all, *kajjalī* should be prepared and rest of the drugs should be mixed well into it. Then, *mahiṣī pitta* measuring 40 gm. should be added to it and the compound is triturated. Finally, the medicine should be packed in safe container.

Method of use/ Administration and Therapeutic benefits:

Brahmarandhra Rasa is applied on *brahmarandhra* (top of the scalp) of the one fainted or unconsciousness. Before applying the medicine, the hairs of the spot on scalp is removed with a shaving razor and the place is little rubbed with the same razor. The medicine is to be applied at the same spot. For cooling down the temperature and thirst the patient should be provided bath with cold water and his body should be coated with the *kalka* of sandal, camphor and *aguru* and the like aromatic and cold materials. When patient feels hungery sugarcane juice and soup of *mudga* beans should be served along with cooked rice and buttermilk as per his satisfaction.

आनन्दभैरवी वटिका–

विषंत्रिकटुकं गन्धं टङ्कणं मृतशुल्बकम् । धुस्तूरस्य व बीजानि हिङ्गुलं नवमं स्मृतम् ।।६२०।।
एतानि समभागानि दिनैकं विजयारसैः । मर्दयेच्चणकाभां तु वटिकाऽऽनन्दभैरवी ।।६२१।।
भक्षयित्वा पिबेच्चानु रविमूलकषायकम् । सव्योषं हन्ति नो चित्रं सन्निपातं सुदारुणम् ।।६२२।।

620-622. Ānandabhairavī Vaṭikā:

Ingredients: Purified *viṣa*, dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), purified *gandhaka*, purified *tañkaṇa*, *tāmrabhasma*, purified *dhatturā* (seeds) and purified *hiñgula* along with juice or decoction of *vijayā*.

Process of Drug-Making: Gather equal parts (i.e. 50 gm. each) of the purified *viṣa*, dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), purified *gandhaka*, purified *tañkaṇa*, *tāmrabhasma*, purified *dhatturā* (seeds) and purified *hiñgula*. All the drugs are ground together into a fine powder. The powder is impregnated with juice or decoction of *vijayā* and triturated for whole day. Finally pills measuring 250 mg. each should be prepared and dried under shadow. Preserve them in suitable container.

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Method of use/Administration: In take of this *Ānandabhairavī Vaṭika* is to be followed by consumption of the decoction of *arka* root mixed with *tṛikaṭu* powder.

Therapeutic benefits: The medicine alleviates severe *sannipātta jvara* for certain.

(*Rasendra Sār Sangraha*)

त्रैलोक्यसुन्दररसः–

रसगन्धकयोःकर्षौ प्रत्येकं कज्जलीकृतौ । शक्रं च मुशली चैव धुस्तूरं केशराजकम् ।।६२३।।
देवदाली जयन्ती च तथा मण्डूकपर्णिका । पृथग्गुणमितैः कर्षै रसैरासां विमर्दयेत् ।।६२४।।
माषमात्रांवटीं कृत्वा स्वानुपानैः प्रयोजिता । त्रिदोषजं ज्वरं हन्ति तथा पवनकोष्ठकम् ।।६२५।।
दाहे तु नारिकेलस्य जलं देयं प्रयत्नतः । त्रैलोक्यसुन्दरो नाम सन्निपातहरो रसः ।।६२६।।

623-626. Trailokyasundara Rasa:

Ingredients: Purified *pārada* and purified *gandhaka* along with juice of each of the *kuṭaja*, *muśalī*, *dhatturā*, *keśarāja*, *devadāli*, *jayantī* and *brāhmī*.

Process of Drug-Making: Obtain purified *pārada* and purified *gandhaka* (3 gm. each) and prepare a *kajjalī*. Impregnate the *kajjalī* with 30 ml. measure juice of each of the *kuṭaja*, *muśalī*, *dhatturā*, *keśarāja*, *devadāli*, *jayantī* and *brāhmī*. Finally, pills of 60 mg. measure each are prepared and dried under shade.

Method of use/ssAdministration and Therapeutic benefits: *Trailokyasundara Rasa*, two pills in dose, should be given with suitable *anupāna* to check *tṛidoṣaja jvara* and severe cases of *udara roga*. In case temperature of the patient is quite high the coconut water should be served. *Trailokyasundara Rasa* alleviates *sannipātta jvara*.

(*Rasendra Sār Sangraha*)

मृतोत्थापनो रसः–

शुद्धसूतंद्विधागन्धंशिला च विषहिङ्गुलम् । मृतकान्ताभ्रताम्रायस्तालकं माक्षिकं समम् ।।६२७।।
अम्लवेतसजम्बीरचाङ्गेरीणां रसेन च । निर्गुण्डीहस्तिशुण्ड्याश्च द्रवैर्मर्द्यं दिनत्रयम् ।।६२८।।
रुद्ध्वा तु भूधरे पाच्यं दिनान्ते तत् समुद्धरेत् । चित्रकस्य कषायेण मर्दयेत्प्रहरद्वयम् ।।६२९।।
माषमात्रं प्रदातव्यं हिङ्गुव्योषार्द्रकद्रवैः । सकर्पूरानुपानं स्यान्मृतस्योत्थापने रसे ।।६३०।।
पीडितं सन्निपातेन गतं वाऽपि यमालयम् । तत्क्षणाज्जीवयत्येष पथ्यं क्षीरैः प्रयोजयेत् ।।६३१।।

627-631. Mṛitotthāpana Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *manahśilā*, purified *viṣa*, purified *hiṅgula*, *kāntalauha bhasma*, *abhraka bhasma*, *tāmra bhasma*,

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tīkṣṇa lauha bhasma, purified *haratāla* and purified *svarṇamākṣika bhasma*. Along with juices of *āmlavetasa*, *jambīra*, *cāngerī*, *nirgunḍī* and *hastisundi*.

Process of Drug-Making: Get the following materials: purified *gandhaka* (50 gm.) and 25 gm. measure each of the purified *pārada*, purified *manahśilā*, purified *viṣa*, purified *hiñgula*, *kāntalauha bhasma*, *abhraka bhasma*, *tāmra bhasma*, *tīkṣṇa lauha bhasma*, purified *haratāla* and purified *svarṇamākṣika*. First of all, *kajjalī* of *pārada* and *gandhaka* should be prepared and then rest of the ingredients should be added to it properly. Subsequently, the mix should be impregnated by adding juice of *āmlavetasa*, *jambīra*, *cāngerī*, *nirgunḍī* and *hastisundi*, in sequence and proper trituration is constantly done. The compound is now allowed to dry up. Thereafter, drug material should be put in *bhūdhara yañtra* (conclave shaped earthen lids each facing the other and jointed in pairs) and its cooking is continued for whole day. In evening, the medicine is taken out of the container after it cools down. The preparation is further impregnated with decoction of *citraka* root and triturated for six hours. Finally, the product is allowed to dry up and is filled in suitable container.

Method of use/Administration: The medicine is given in doses of 60 mg. with asafoetida fried in *ghṛitam* (measuring 375 mg.), powder of *tṛikaṭu* (*vyoṣa*) herbs (measuring 375 mg.) and *ārdraka* juice (measuring 6 ml.). After taking the medicine one should chew betel leaves with *karpūra*. While taking this medicine, one should take, when feeling hungry, cooked rice with milk.

Therapeutic benefits: The drug restores life to a dying patient of *sannipātajvara* and helps him to regain consciousness. By the effect of this recipe, persons who are seemingly dead and gone to the abode of *yama* (god of death) come back.

(*Vasavarājīyam*)

मृतसञ्जीवनो रसः–

शुद्धसूतंद्विधागन्धंखल्ले तत् कज्जलीकृतम् । अभ्रलौहकयोर्भस्म ताम्रभस्म समं समम् ।।६३२।।
विषंतालंवराटी च शिलाहिङ्गुलचित्रकम् । हस्तिशुण्डी चातिविषा त्र्यूषणं हेममाक्षिकम् ।।६३३।।
चूर्णं विमर्दयेद् द्रावैरार्द्रकस्य दिनत्रयम् । निर्गुण्डीविजयाद्रावैस्त्रिदिनं मर्दयेत् पुनः ।।६३४।।
काचकूष्यां निवेश्याथ बालुकायन्त्रके पचेत् । द्वियामान्ते समुद्धृत्य मर्दयेदार्द्रकद्रवैः ।।६३५।।
मृतसञ्जीवनो नाम रसोऽयं शङ्करोदितः । मृतोऽपि सन्निपातार्त्तो जीवत्येव न संशयः ।।
नातः परतरः कश्चित् सन्निपातहरो रसः । अघोरमन्त्रमुच्चार्य पूजां रक्षाञ्च कारयेत् ।।६३६।।

अघोरमन्त्रो यथा–

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ओंअघोरेभ्यश्च घोरेभ्यो घोरघोरतरेभ्यश्च । सर्वतः सर्वसर्वेभ्यो नमोऽस्तु रुद्ररूपेभ्यः ।।६३७।।

632-637. *Mṛitasanjīvana Rasa:*

Ingredients: : Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, purified *viṣa*, purified *haratāla*, purified *kapardika* (*bhasma*), purified *manahśilā*, purified *hiñgula*, *citraka* (root), *hastisundī* (plant/root), *ativiṣā* (rhizome), dried ginger (*śunṭhī*), *marica* (fruits), *pippalī* (fruits) and *svarṇamākṣika* (*bhasma*) along with the juices of *ārdraka*, *nirgundī* and *vijayā*.

Process of Drug-Making: Obtain 25 gm. each of the above excluding gandhaka that is to be taken in measure of 50 gm. First, *kajjalī* of *pārada* and *gandhaka* should be made and the rest of other drugs in powder form should be mixed into it. Subsequently, the compound should be impregnated with the juices of *ārdraka*, *nirgundī* and *vijayā*. The compound should be kept in a *kācakūpī* (a container) packed by covering of cloth wet in mud and allowed to dry up. The compound is, then, kept in a *Bālukā Yañtra* and cooked for six hours. Thereafter, it is allowed to cool down to natural atmosphere (*svāngaśīta*). At this stage, the preparation should be taken out and impregnated and triturated with juice of fresh ginger. Finally, it should be preserved in a suitable container.

Method of use/Administration: Before taking the medicine the patient should chant the *aghora mantra* and worship God Śiva, who is respected as *Raseśvara*, i.e. the God of *Rasa* (or *pārada*). Water should be sprinkled with flowers around the patient for warding off the ailment.

Therapeutic benefits : The medicine is known as *Mṛitasanjīvana Rasa*, expounded by God Śankara. By the use of this medicine, even an unconsciousness patient of *sannipara-jvara* in dying bed gains life. There is no remedial recipe as effective as this *Mṛitasanjīvana Rasa*.

(*Rasendra Sār Sangraha*)

सन्निपातभैरवो रसः–

हिङ्गुलस्य विशुद्धस्य सार्द्धतोलचतुष्टयम् । गन्धकस्य विषस्यापि प्रत्येकं तोलकद्वयम् ।।६३८।।
समाषकद्वयञ्चैव कनकात्तोलकत्रयम् । माषैकाधिकतोलैकं टङ्कणस्य तथैव च ।।६३९।।
सम्मर्द्यजम्बीररसैर्वटीश्छायाविशोषिताः । गुञ्जैकपरिमाणास्तु कारयेत् कुशलो भिषक् ।।६४०।।
एकान्तु भक्षयेत्तस्य गोलयित्वाऽऽर्द्रकद्रवैः । घोरे त्रिदोषे दातव्यः सन्निपातज्वरापहः ।।६४१।।

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638-641. Sannipātta Bhairava Rasa:

Ingredients: Purified *hiñgula*, purified *gandhaka*, purified *viṣa*, *dhatturā* (purified) (seeds) and purified *tañkaṇa* along with juice of *jambīra* lemon.

Process of Drug-Making: Obtain properly purified *hiñgula* (52 gm.), purified *gandhaka* (25 gm.), purified *viṣa* (25 gm.), *dhatturā* (purified) (seeds) (35 gm.) and purified *tañkaṇa* (12 gm.). All the ingredients are mixed well and triturated into a fine powder. It is impregnated with juice of *jambīra* lemon and the pills of 125 mg. measure are prepared. The pills should be subsequently dried up and kept in a safe container.

Method of use/ Administration and Therapeutic benefits: One pill of the medicine is to be taken by dissolving this into juice (fresh ginger) to treat cases of severe *sannipātta jvara*. As the medicine alleviates the *sannipātta jvara*, it is known (named) as *Sannipātta Bhairava Rasa*.

सूचिकाभरणो रसः–

रसगन्धकनागञ्च विषं स्थावरजङ्गमम् । मात्स्यवाराहमायूरच्छागपित्तैश्च भावयेत् ।।६४२।।
सूचिकाभरणो नाम भैरवेण प्रकीर्तितः । सूचिकाग्रेण दातव्यः सन्निपातकुलान्तकः ।।६४३।।

642-643. Śūcikābharaṇa Rasa (first recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *nāgabhasma*, purified *vatsanābha* and purified *jangama viṣa* (poison of black cobra) along with *pitta* of *matsya* (fish), *sūkara* (pig), *mayūra* (peacock) and *chāga* (goat).

Process of Drug-Making: Obtain all the above ingredients in measure of 10 gm. each. Firstly, *kajjalī* is prepared out of the *pārada* and *gandhaka*. Then, *nāgabhasma*, *vatsanābha* and poison of black cobra are added to it and ground into a fine poeder. After that the compound is impregnated (through *bhāvanā* process) with *pitta* of *matsya* (fish), *vārāha* (pig), *mayūra* (peacock) and *chāga* (goat). Following that the medicine is kept in safe and suitable container.

Method of use/Administration: The drug is injected through needle on *brahmarandhra* (top of the scalp) that is first cleaned, shaved and rubbed with a sharp-instrument.

Therapeutic benefits: This formulation is known as *Śūcīkābharaṇa Rasa*. It has been propounded by Bhairava. This medication removes *sannipātta* fever and restores senses of a fainted patient.

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सूचिकाभरणो रसः (द्वितीयः)–

अमृतं गरलं दारु सर्वतुल्यञ्च हिङ्गुलम् । पञ्चपित्तेन सम्मर्द्य सर्षपाभां वटीं चरेत् ।।६४४।।
वटिका सूचिकाऽग्रेण सन्निपातकुलान्तकृत् । तिलञ्च तिलतैलञ्च भोजनं दधिभक्तकम् ।।६४५।।

644-645. Śūcikābharaṇa Rasa (second recipe):

Ingredients: *Vatsanābha viṣa (amṛita)*, purified *garala* (black snake or cobra poison) and purified *dāru* (arsenic) along with purified *hiñgula* and the *pañcapitta* (five kinds of *pitta*, obtained from gall bladders of pig, goat, buffalo, fish and peacock).

Process of Drug-Making: Obtain in equal parts (i.e. 10 gm. each) the purified *vatsanābha viṣa*, purified *garala* (black snake or cobra poison) and purified *dāru* (arsenic) along with purified *hiñgula* equal to the weight of all the three (i.e. 40 gm.). All of these should be mixed properly and ground. Subsequently, the recipe is impregnated with *pañcapitta* (five kinds of *pitta*, obtained from gall bladders of pig, goat, buffalo, fish and peacock) using them separately. Thereafter, pills of the size of mustard seeds are made and the same are filled in a suitable container.

Method of use/Administration: Take one pill and powder it finely and inject it through needle into *brahmarandhra* (top of the scalp). After use of this medication, patient should consume cooked rice and curd.

Therapeutic benefits: It alleviates *sannipātta jvara*.

सूचीकाभरणो रसः (बृहत्)–

रसगन्धकनागाभ्रं विषं स्थावरजङ्गमम् । मात्स्यवाराहमायूरच्छागपित्तैर्विभावितम् ।।६४६।।
सूचिकाभरणो नाम भैरवेण प्रकीर्त्तितः । दातव्यः सूचिकाऽग्रेण पयःपेटीरसेन च ।।६४७।।
त्रयोदशसन्निपाते विसूच्यामतिसारके । त्रिदोषजे तथा कासे दापयेत् कुशलो भिषक् ।।६४८।।
पयःपेटीजलं दद्याद्भोजनं दधिभक्तकम् । तथा सुभर्जितं मांसं लेपनं तिलचन्दनैः ।
रोगिणो यत् प्रियं द्रव्यं तस्मै तच्च प्रदापयेत् ।।६४९।।

646-649. Śūcikābharaṇa Rasa (major recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, purified *nāga bhasma* (*śīśaka*), purified *abhraka bhasma*, *sthāvara* and *jangama viṣa* alpong with *pitta* of fish, pig, peacock, goat and buffalo.

Process of Drug-Making: Take one part each (i.e. 10 gm. each) of the purified *pārada*, purified *gandhaka*, purified *nāga* (*śīśaka*), purified *abhraka bhasma*, *sthāvara* and *jangama viṣa*. Powder all of them together and impregnate

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the mix separately with *pitta* of fish, pig, peacock, goat and buffalo for one day each. Thereafter, pills of the size of mustard seeds are made.

Method of use/Administration: The medicine in dose of one pill is administered through point of needle penetrated into *brahmarandhra* (top of the scalp). The recipe should be given with coconut water. During the course of administration of this formulation, patient should consume adequate quantity of coconut water. He should take diet of cooked rice and curd. The oil massage and coating of the *kalka* of sandalwood over body of patient are also advised. The patient should be served with meat and flesh fried with *ghṛitam*.

Therapeutic benefits: *Śūcikābharaṇa Rasa* has been evolved by Śrī Bhairava. It is an effective formula used in thirteen types of *sannipātta jvara; viśūcika*, *atisāra* and *kāsa* (coughs) produced by the vitiated *doṣas*.

(*Rasendra Sār Sangraha*)

पानीयवटिका–

रसमाषकचत्वारिङ्गष्टकागुण्डकेत्र्यहम् । शोधयित्वा ततः शोध्यं तीक्ष्णपर्णेतथाऽऽर्द्रके ।।६५०।।
स्वर्णधुस्तूरसत्त्वे च वृद्धदारद्रवे तथा । कन्यकानिजसत्त्वे च रसशोधनमुत्तमम् ।।६५१।।
गन्धकं रसतुल्यन्तु प्रक्षाल्य तण्डुलाम्बुना । कृत्वा तैलसमं दर्व्यां निर्वाप्य चित्रकद्रवे ।।६५२।।
द्वाभ्यांकज्जलिकांकृत्वां लौहचूर्णस्य माषकम् । सुवर्णमाक्षिकमपि तत्र लौहसमं दहेत् ।।६५३।।
कृत्वा कण्टकवेध्यन्तु ताम्रं कज्जललेपितम् । मूहूर्त्तमध्यतस्ताम्रं द्रुतं चूर्णत्वमाप्नुयात् ।।६५४।।
एकीकृत्य तु तत्सर्वं ततः प्रस्तरभाजने । मर्दयेत्ताम्रदण्डेन दत्त्वा चैषां निजद्रवम् ।।६५५।।
प्रथमे केशराजश्च द्वितीये ग्रीष्मसुन्दरः । तृतीये भृङ्गराजश्च चतुर्थे भेकपर्णिका ।।६५६।।
पञ्चमे च सिन्दुवारः षष्ठे च रसपूर्त्तिका । सप्तमे पारिभद्रश्च अष्टमे रक्तचित्रकः ।।६५७।।
शक्राशनञ्च नवमे दशमे काकमाचिका । एकादशे तथा नीली द्वादशे हस्तिशुण्डिका ।।६५८।।
अमीषामोषधीनान्तु प्रत्येकन्तु पलद्रवम् । मर्दयेत्तु प्रयत्नेन द्वादशाहेन साधकः ।।६५९।।
ततःपारदमानन्तुदत्त्वा त्रिकटुगुण्डकम् । वटिकां राजिकातुल्यां छायाशुष्कां समाचरेत् ।।६६०।।
ततःशम्बूकजेपात्रेकर्त्तव्यावटिका त्वियम् । शरावे शङ्खपात्रे वा कृत्वा सलिंलगोलितम् ।।६६१।।
अत्यन्तदोषदुष्टाय ज्ञानशून्याय रोगिणे । ऊर्ध्वयोनिं समभ्यर्च्य प्रदद्याद्वटिकाद्वयम् ।।६६२।।
ढक्कयेत्तं ततः पश्चान्नरं स्थूलपटादिभिः । मलमूत्रागमात्सद्यः स साध्यो भवति द्रुतम् ।।६६३।।
दध्यन्नन्तु ततो दद्यात् पिबेद् वारि यथेच्छया । दद्याद्वातहरं तैलमभ्यङ्गाय सदैव हि ।।६६४।।
चिरज्वरे पिबेद्वारि पञ्चमूलीप्रसाधितम् । ग्रहण्यां रक्तपाते च पिबेदतिविषां गदी ।।६६५।।
पिबेत् पर्पटजं वारि घोरे कम्पज्वरे तथा । तथा ज्वरातिसारे च जीरकस्य जलं पिबेत् ।।६६६।।
मन्दाग्नौ कामलायाञ्च संग्रहग्रहणीगदे । कासेश्वासे सदा कार्या पानीयवटिका त्वियम् ।।६६७।।

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650-667. Pānīya Vaṭikā:

Ingredients: *Pārada*, juice of each of the *tīkṣṇaparṇa*, *ārdraka*, *svarṇadhatturā* along with the pulp of *ghṛitakumārī*, *gandhaka* and *citraka* (root), juice of the following 12 herbs: *keśarāja*, *gṛīṣmasundara*, *bhṛingarāja*, *manḍukaparṇī*, *nirgunḍī*, *jyotiṣmatī*, *pāribhadra*, *raktacitraka*, *vijayā*, *kākamācī*, *nīlikā*, water, *hastiśunḍī* and powders of *tṛikaṭu* (ginger, *marica* and *pippalī*).

Process of Drug-Making: Take *pārada* in 4 gm. measure and get it triturated with brick powder for three days. Then it should be washed with water and filtered through a piece of cloth. Thus purified the *pārada* should be impregnated separately with juice of *tīkṣṇaparṇa* for whole one day. Subsequently the process should be repeated using the juices of *ārdraka*, *svarṇadhatturā* and *vṛiddhadāruka* each for one day, and separately. The preparation is then churned with the pulp of *ghṛitakumārī* and be washed with water for whole one day.

Like wise *gandhaka* (in measure of 4 gm.) should be washed with rice-water and kept in an iron saucepan to be melted in fire. The melted *gandhaka* should be immersed in decoction of *citraka* (root) decoction. Thus *gandhaka* is purified. After that prepare *kajjalī* out of the above *pārada* and *gandhaka* thus obtained. The *kajjalī* is pounded with little *ghṛitam* and pasted over thin copper foils (*tāmrapatra*) which are separately kept in *śarāva saṁpuṭa* on fire in order to get *tāmra bhasma* (incinerated copper foils or thin plates). Take *tāmrabhasma* thus obtained in 4 gm. measure and put it into a mortar. Mix *lauha bhasma* and *svarṇamaksika bhasma* (1 gm. each) into it and get the mix triturated with a *tāmra danḍa* (copper stick or rod). The process should continue for twelve days, using the juice of the following 12 herbs each for one day: *keśarāja*, *gṛīṣmasundara*, *bhṛingarāja*, *manḍukaparṇī*, *nirgunḍī*, *jyotiṣmatī*, *pāribhadra*, *raktacitraka*, *vijayā*, *kākamācī*, *nīlikā* and *hastiśunḍī*.

The preparation is, now mixed with powder of *tṛikaṭu* (ginger, *marica* and *pippalī*) and ground well. Finally the pills are prepared in size similar to black mustard and dried under shadow.

Method of use/ Administration and Therapeutic benefits:

Two pills of the medicine should be dissolved in water filled in any of these : *śambukaja pātra* (mother of pearls), *śarāva* (an earthen pot) and *śankha pātra* (counch shell). This pot with medicine should be first offered to the fire God *Agni* for worship. It should be given to the patient who has high morbidity due to

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aggravation of three body humors (*vāta*, *pitta* and *kapha*) and is unconscious or senseless. Patient should be covered by thick and woolen cloths. When there is excretion of urine and stool by patient he may be considered curable. When patient restores sense, diet of cooked rice with curd and water in adequate quantity should be served. Daily massage with medicated oils having anti-*vāta* properties is also prescribed. Patient suffering from chronic fever (*jīrṇajvara*) should drink water boiled with the *Pañcamūla* herbs. In case of *grahaṇī* and *raktapitta* (hemorrhage), water boiled and cooked along with *ativiṣā* root should be given to patient. In condition of fever characterized with cramps in hands and leg (*kampajvara*), water boiled with *parpaṭa* should be given. Water boiled with *jīraka* should be used by the patient in *jvarātisāra*. The *Pānīya Vātika* is used in treatment of *agnimāndya*, *kāmalā*, *grahaṇī*, *kāsa* and *śvāsa*.

(*Bṛihat Rasrāj Sundara*)

सिद्धफला पानीयवटिका–

अनाथनाथोजगदेकनाथःश्रीलोकनाथःप्रथमःप्रसन्नः।
जगादपानीयवटींसुपट्वींतामेववक्ष्यामिगुरुप्रसादात् ।।६६८।।
जयाऽर्कस्वरसश्चैव निर्गुण्डीं वासकं तथा । वाट्यालकं करञ्जश्च सूर्यावर्त्तकचित्रकौ ।।६६९।।
ब्राह्मीं वनसर्पपञ्च भृङ्गराजं विनिक्षिपेत् । दन्ती च त्रिवृता चैव तथाऽरग्वधपत्रकम् ।।६७०।।
सहदेवामरं भण्डी तथा त्रिपुरभण्डिका । मण्डूकपर्णी पिप्पल्यौ द्रोणपुष्पकवायसी ।।६७१।।
गुञ्जाकिनी केशराजस्तथा योजनमल्लिका । आसारणेति विख्यातो धुस्तूरकनकस्तथा ।।६७२।।
त्रैलोक्यविजया चैव तथा श्वेतापराजिता । प्रत्येकं कार्षिकं चैव रसमाकृष्य भाजने ।।६७३।।
एकैकञ्च रसं दत्त्वा मर्दयेल्लौहदण्डतः । चण्डातपे च संशोष्य क्षीरं तत्र पुनःक्षिपेत् ।।६७४।।
स्नुहीक्षीरं चार्कदुग्धं वटदुग्धं तथैव च । प्रत्येकं कार्षिकं दत्त्वा मर्दयेच्च पुनः पुनः ।।६७५।।
सुमर्द्दितंच तं ज्ञात्वा यदा पिण्डत्वमागतम् । द्रव्याण्येतानि सञ्चूर्ण्य वस्त्रपूतानि कारयेत् ।।६७६।।
दग्धहीरं चातिविषां कोचिलं चाभ्रकं तथा । पारदं शोधितञ्चैव गन्धकं विषमाधुरम् ।।६७७।।
हरितालं विषञ्चैव माक्षिकञ्च मनःशिलाम् । प्रत्येकञ्च चतुर्माषं सर्वं चूर्णीकृतञ्च तत् ।।६७८।।
प्रक्षिप्य मर्द्दयेत् सर्वं शोषयित्वा पुनः पुनः । सुमर्द्दितं च तं दृष्ट्वा चाङ्गेरीस्वरसेन च ।।६७९।।
उत्थाप्यभेषजंदृष्ट्वायदापिण्डत्वमागतम् । तिलप्रमाणागुडिकाः कारयेन्मतिमान् भिषक् ।।६८०।।
त्रिदोषजनितो वैद्यमुक्तोऽपि बहुसम्मतः । लङ्घनैर्वालुकास्वेदैः प्रक्रान्तो दीनदर्शनः ।।६८१।।
सम्पूज्यकरुणाधारंप्रणम्यच खसर्पणम् । पलेन वारिणा घृष्ट्वा चतस्रो वटिकाः पिबेत् ।।६८२।।
पीतं तद्भेषजं पश्चाद्वस्त्रेणाच्छादयेन्नरम् । रसलग्नं वपुर्ज्ञात्वा दद्याद्वारि सुशीतलम् ।।६८३।।
शरावप्रमितं वारि पातव्यञ्च पुनः पुनः । सन्निपातज्वरश्चैव दाहश्चैव सुदारुणम् ।।६८४।।
कासश्वासञ्चहिक्काञ्च विड्ग्रहं चाश्मरीं जयेत् । मूत्ररोधविबन्धे तु दातव्यं क्षीरसंयुतम् ।।६८५।।
पञ्चतृणकृतक्वाथं दातव्यञ्च पुनः पुनः । पानीयवटिका ह्येषा लोकनाथेन निर्मिता ।।६८६।।
लोकानामुपकारायसर्वसिद्धिप्रदायिनी ।।६८७।।

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669-687. Siddhaphalā Pānīya Vaṭikā:

Śrī Lokanātha who is patron of the unpatronized and guardian and protector of universe, after being pleased, evolved and preached the *Vaṭī* (*Siddhaphala Pānīya Vaṭikā*). The same is being described by the grace of the *guru*.

Ingredients: *jayā* (*jayantī*) (leaves), *arka* (leaves), *nirgunḍī* (leaves), *vāsa* (leaves), *balā* (leaves), *karañja* (leaves), *sūryāvartta* (root), *citraka* (root), *brāhmī* (leaves), *vanasarṣapa* (leaves), *bhṛingarāja* (leaves), *dantī* (root), *tṛivṛit ta* (root), *āragvadha* (leaves), *sahadeva* (root), *amaravallī* (root), *bṛihatī* (plant), *rudrajāta*, *manḍukaparṇī* (leaves), *pippalī* (fruit), *gajapippalī*, *droṇpuṣpī* (herb), *kākamācī* (leaves), *guñjā*, *keśarāja* (herb), *āsphoṭā*, *gandhaprasāriṇī*, *kanakdhatturā* (root), *vijayā* (leaves) and *śveta aparājitā* (root), the latex of *snuhī*, *arka* and *vāta* plants. Also take the *hīraka bhasma*, *viṣamuṣṭi* (purified), *abhraka bhasma*, purified *gandhaka*, purified *śṛīngīka* (*viṣa*), purified *haratāla*, purified *vatsanābha* (root), *mākṣika bhasma* and purified *manahśilā* as well as the juice of *cāngerī*.

Process of Drug-Making: Obtain 12 ml. measure of the juice of the following materials: *jayā* (*jayantī*) (leaves), *arka* (leaves), *nirgunḍī* (leaves), *vāsa* (leaves), *balā* (leaves), *karañja* (leaves), *sūryāvartta* (root), *citraka* (root), *brāhmī* (leaves), *vanasarṣapa* (leaves), *bhṛingarāja* (leaves), *dantī* (root), *tṛivṛit ta* (root), *āragvadha* (leaves), *sahadeva* (root), *amaravallī* (root), *bṛihatī* (plant), *rudrajāta*, *manḍukaparṇī* (leaves), *pippalī* (fruit), *gajapippalī*, *droṇpuṣpī* (herb), *kākamācī* (leaves), *guñjā*, *keśarāja* (herb), *āsphoṭā*, *gandhaprasāriṇī*, *kanakdhatturā* (root), *vijayā* (leaves) and *śveta aparājitā* (root).

Mix all of them together and processing the mix through an iron mortar dry the compound in intense sunlight. Thereafter mix into the compound the latex of *snuhī*, *arka* and *vāta* plants. Make a lump out of the preparation.

Subsequently, *hīraka bhasma*, *viṣamuṣṭi* (purified), *abhraka bhasma*, purified *gandhaka*, purified *śṛīngī* (*viṣa*), purified *haratāla*, purified *vatsanābha* (root), *mākṣika bhasma* and purified *manahśilā* (4 gm. each) should be taken. Prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it all these drugs. Get this compound powdered properly and mix it with the above lump. It should be, now, impregnated with juice of *cāngerī*. Finally, pills of *tila* (sesame beans) or *rājika* (black mustard) size are made and dried under shade. The recipe product may be kept safely in suitable container.

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Method of use/ Administration and Therapeutic benefits: Four pills should be dissolved in cold water (measuring 48 ml.) and given to patient after worshipping and religious offering to Sun god. This medicine is recommended to the patient, severally suffering from *tridoṣaja jvara*, whom physicians have refused and who has regards towards god, cow, brahman and scriptures. Patient should be covered with suitable cloths after intake of the medicine. When the dose becomes suitable and active in body, the patient should be served with bowl full of cold water frequently. Taken along with different *anupānas*, the medicine proves useful in alleviation of *sannipātajvara*, burning sensation in palm, sole etc, severe bronchitis or coughs (*kāsa*), chronic coughs (*jīrṇakāsa*), asthma (*śvāsa*), hiccough (*hikkā*), constipation (*vibhandha*), calculus (*aśmarī*) and other diseases. In case of constipation and retention of urine use of the medicine should be followed by intake of decoction of *PañcaTṛiṇa Kvātha*, mixed in milk frequently. For the common cause of welfare, Āchārya Lokanātha has evolved this medicine enabling one to achieve all kinds of success.

(*Bṛihat Rasrāj Sundara*)

चिन्तामणिरसः–

सूतंगन्धकभ्रमकंसुधिमलंसूतार्द्धभागेविषंतत्र्यंशं जयपालमम्लमृदितं तद्गोलकं वेष्टितम् ।।
पत्रैर्मञ्जुभुजङ्गवल्लिजनितैर्निक्षिप्यखातेपुटंदत्त्वाकुक्कुटसंज्ञकंसहदलैःसञ्चूर्ण्यतत्र क्षिपेत् ।।६८८।।
भागार्द्धंजयपालबीजममृतंतत्तुल्यमेकीकृतंगुञ्जा त्र्यूषणसिन्धुचित्रकयुता सर्वज्वरान्नाःगयेत् ।।
शूलंसंग्रहणीगदंसजठरं दध्यन्नसंसेविनांतापे सेचनकारिणां गदवतां सूतस्य चिन्तामणेः ।।६८९।।
अयमेव रसो देयो मृतकल्पे गदातुरे ।।६९०।।

688-690. Cintāmaṇi Rasa (first recipe):

Ingredients: Purified *pārada*, purified *gandhaka* and *abhraka bhasma*, along with purified *vatsanābha* and purified *jayapāla* seeds.

Process of Drug-Making: Get 50 gm. measure each of the purified *pārada*, purified *gandhaka* and *abhraka bhasma*, along with purified *vatsanābha* (25 gm.) and purified *jayapāla* seeds (75 gm.). Firstly, *kajjalī* of *pārada* and *gandhaka* should be prepared and rest of the components is mixed into it properly. Add *kānji* to the mixture and get it triturated. Prepare a lump out of it and get it wrapped by soft betel leaves. The lump is processed through the *kukkuṭa puṭa* method of heating (which has been described in the appendix of the work).

When the medicinal pot (*saṁpuṭa*) becomes cool in natural manner, the lump of medicine along with burnt betel leaves should be taken out and powdered. The

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preparation is now added with purified *jayapāla* and purified *vatsanābha* (25 gm. each) and finally ground into a fine powder. Pack the medicine in a safe and suitable container.

Method of use/Administration: *Cintāmaṇi Rasa* is taken in doses of 125 mg. along with powders of *tṛikaṭu* (dried ginger, *marica* and *pippalī*), rock salt and *citraka* root (taken in equal parts, the combination of powders should total 4 gm.). When patient feels high temperature after taking the drug, cold water should be sprinkled on his head. Cooked rice with curd should be served to the patient as diet.

Therapeutic benefits: It alleviates all types of fever (*sarvajvara*), *śūla*, *sangrahaṇī* and *udara roga* (abdominal diseases). *Cintāmaṇi Rasa* can be given to a dying patient.

(*Rasendra Cintāmani*)

चिन्तामणिरसः (द्वितीयः)–

रसविषगन्धकटङ्गणताम्रयवक्षारकं व्योषम् । दन्तीफलत्रयञ्च क्षौद्रं दत्त्वा शतं वारान् ।।६९१।।
संमर्द्य रक्तिकमिता वटिकाः कार्या भिषग्वरैः प्राज्ञैः । शुण्ठीपिष्टेन समं चैका द्वे वाऽथ वा तिस्रः ।।६९२।।
संप्राश्य नारिकेलीजलमनुपेयं प्रयुञ्जीत । भेदानन्तरमेव प्रक्षालितभक्ततक्रमुपयोज्यम् ।।६९३।।
सैन्धवजीरकसहितंतक्रंपानेप्रयोक्तव्यम् । प्रशमयतिसन्निपातज्वरंतथाजीर्णकंज्वरंविषमम् ।।६९४।।
प्लीहानञ्चाध्मानंकासंश्वासञ्चवह्निमान्द्यम् । चिन्तामणीरसोऽयंकिलस्वयंभैरवेण निर्दिष्टः ।।६९५।।

691-695. Cintāmaṇi Rasa (second recipe):

Ingredients: Purified *pārada*, purified *vatsanābha viṣa*, purified *gandhaka*, purified *tañkaṇa*, *tāmra bhasma*, *yavakṣāra*, dried ginger (*śunṭhī*), *marica*, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī* and purified *jayapāla* (*dantī phala*).

Process of Drug-Making: Take in equal parts powder of all the ingredients. Prepare *kajjalī* of *pārada* and *gandhaka* and mix the rest of ingredients into it. This mixture is ground into fine powder and triturated along with honey. Triturate the mix for hundred times or for whole day and prepare pills measuring 125 mg. each. After drying the pills (*Vaṭikā*) under shadow, the same are filled in suitable container.

Method of use/Administration: One to three pills of the medicine should be taken along with dried ginger pasting in water as well as the coconut water. The patient may pass stool as the effect of the medicine, In such condition, the patient

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should be served with cooked rice with butter milk. Rock salt and *ghṛitam*-fried cumin seeds could be added to the rice.

Therapeutic benefits: The medicine is effective in *sannipātajvara*, *jīrṇajvara*, *viṣannajvara*, *plīhāvṛiddhi*, *ādhmāna*, *kāsa*, *śvāsa* and *agnimāndya* (diminished appetite). This *Cintāmaṇi Rasa* has been evolved by Āchārya Bhairava.

(*Rasendra Sār Sangraha*)

रसराजेन्द्रः–

पलं शुद्धस्य सूतस्य पलं ताम्रमयोरजः । अभ्रं नागं पलं वङ्गं पलं गन्धकतालकम् ।।६९६।।
पलं शुद्धविषं चूर्णं सवैमेकत्र कारयेत् । मर्दयेत् काकमाच्याश्च तत्र साररसेन च ।।६९७।।
मात्स्यवाराहमायूरच्छागमाहिषपित्तकैः । मर्दयेद्भिन्नभिन्नञ्च त्रिकटोरम्बुभिस्तथा ।।६९८।।
आर्द्रकस्वरसैः पश्चाच्छतवारान् मुहुर्मुहुः । सिद्धोऽयं रसराजेन्द्रो धन्वन्तरिप्रकाशितः ।।६९९।।
गुञ्जामात्रं रसं दद्यात् सुरसारससंयुतम् । मेघधाराप्रवाहेण धारितं वारि मस्तके ।।७००।।
अनिवारो यदा दाहस्तदा देया च शर्करा । भोजनं दधिसंयुक्तं वारमेकन्तु दापयेत् ।।७०१।।
ईश्वरेण हतः कामः केशवेन च दानवः । पावकेन हतं शीतं सन्निपाते रसस्तथा ।।७०२।।

696-702. Rasa Rājendra:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *nāgabhasma*, *vanga bhasma*, purified *haratāla* and purified *vatsanābha*. Also take juice of leaves (or decoction of the *pancāñg*) of plant *kākamācī*, *pitta* of fish, pig, peacock, goat and buffalo, decoction of *ṭrikaṭu* herbs and juice of fresh ginger.

Process of Drug-Making: Obtain the following materials in equal parts (50 gm. each): purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *nāgabhasma*, *vanga bhasma*, purified *haratāla* and purified *vatsanābha*. After preparing *kajjalī* of *pārada* and *gandhaka*, mix all the rest ingredients into it. Mortar the mix along with juice of leaves (or with the decoction of the *pancāñg*) of plant *kākamācī* for whole day. Then, *pitta* of fish, pig, peacock, goat and buffalo should be one by one employed for impregnating the preparation. Mortar the mix again and subsequently impregnate it with the decoction of *ṭrikaṭu* herbs for a hundred times as well as with juice of fresh ginger for another hundred times. Finally, the product is dried under shadow and kept in suitable container.

Method of use/Administration: The medicine is to be taken in doses of 125 mg. with juice of *tulasī* and honey. To pacify burning temperature of the patient

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current of cold water on his head should be applied. If temperature is not reduced sugar mixed in water should be given to the patient. When he feels appetite, diet of cooked rice mixed with curd should be served to him.

Therapeutic benefits: *Rasarājendra* has been propounded by Sri Dhanvantarī. As God Śiva destroyed Kāmadeva (the God of lust), as God Viṣṇu eliminated the demons and as the God Agni (fire) countered the cold, this medicine effectively alleviates *sannipātta jvara*.

(*Rasendra Sār Sangraha*)

पित्तभावितौषधसेवने शीतोपदेशः–

येरसाःपित्तसंयुक्ताः प्रोक्ताः सर्वत्र शम्भुना । जलसेकावगाहाद्यैः बलिनस्ते तु नान्यथा ।।७०३।।

703. God Śiva has directed the use of *pitta* procured from different animal sources in *bhāvanā* - processing the drugs. Whenever a patient takes such medicines, he should be directed to avail various measures of cold treatment such as bathing, sitting in a tub of water, taking the current of cold water on head, drinking cold water, and the like. These measures help to increase the efficacy of the drugs otherwise they may even cause adverse or side effects and complications.

रसजनितविदाहे शीतोपचारोपदेशः–

रसजनितविदाहे शीततोयाभिषेकोमलयजघनसारालेपनं मन्दवातः ।
तरुणदधिसिताऽऽढ्यं नारिकेलीफलाम्भोमधुरशिशिरपानं शीतमन्यच्च शस्तम् ।।७०४।।

704. Burning temperature caused by use of *rasa*-based formulations could be counterchecked by such measures as tub bath in cold water or sitting in a tub of cold water, pasting of sandalwood (*malayagiri candana*) and camphor over body, fanning the patient slowly by a hand fan made of the palm leaves or leaves of lotus plant,taking fresh curd mixed with sugar, drinking water of coconut and other cool and sweet liquids.

पञ्चवक्त्ररसः–

गन्धेशटङ्गमरिचं विषं धुस्तूरजैर्द्रवैः । दिनं विमर्दितं शुष्कं पञ्चवक्त्रो भवेद्रसः ।
द्विगुञ्जमार्द्रनीरेण त्रिदोषज्वरहृत् परः ।।७०५।।

705. Pañcavaktra Rasa:

Ingredients: Purified *gandhaka*, purified *pārada*, purified *tañkaṇa*, *marica* (black pepper powder) and purified *vatsanābha viṣa* along with juice of leaves of *kṛiṣṇa dhatturā*.

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Process of Drug-Making: Take equal parts (i.e. 50 gm. each) of the purified *gandhaka*, purified *pārada*, purified *tañkaṇa*, *marica* (black pepper powder) and purified *vatsanābha*. A *kajjalī* of *pārada* and *gandhaka* should be prepared and then rest of the drugs are mixed and ground. The preparation is impregnated by juice of leaves of *kṛiṣṇa dhatturā* and triturated for a whole day. Finally, it is filled in a suitable container.

Method of use/Administration: *Pañcavaktra Rasa* is taken in doses of 250 mg. with juice of fresh ginger.

Therapeutic benefits: It alleviates fever produced by vitiated *tridoṣas*.

(*Rasendra Cintāmani*)

त्रिदोषनीहारसूर्यो रसः–

रसेन गन्धं द्विगुणं कृशानुरसैर्विमर्द्याष्टदिनानि घर्मे ।
रसाष्टभागं त्वमृतञ्च दद्याद् विमर्दयेद्वह्निरसेन किंचिद् ।।७०६।।
पित्तैस्तु सम्भावित एष देयस्त्रिदोषनीहारविनाशसूर्यः ।।७०७।।

706-707. Tṛidoṣanīhāra Sūrya Rasa:

Ingredients: *Pārada* (one part) and purified *gandhaka* (2 parts) and purified *vatsanābha* along with the *Pañcapittagaṇa* (e.g. biles of fish, pig, peacock, goat and buffalo).

Process of Drug-Making: Obtain purified *pārada* (1 part) and purified *gandhaka* (2 parts) and get them mixed and triturated into a *kajjalī*. Further triturate the *kajjalī* along with the juice of *citraka* for eight consecutive days and subsequently get it dried. After adding purified *vatsanābha* in eight parts to the preparation process the compound with the *bhāvanā* method using separately each of the *Pañcapittagaṇa* (e.g. *pittas* of fish, boar, peacock, goat and buffalo).

Method of use/Administration: The recipe is administered in dose of 62 mg.

Therapeutic benefits: The medicine alleviates *sannipātajvara* as the sun eliminates the darkness. Hence, it is known as *Tṛidoṣanīhāra Sūrya Rasa*.

(*Rasendra Cintāmani*)

सन्निपातसूर्यो रसः–

हिङ्गुलंगन्धकंताम्रंमरिचंपिप्पली विषम् । शुण्ठी कनकबीजञ्च श्लक्ष्णचूर्णानि कारयेत् ।।७०८।।
विजयापात्रतोयेन त्रिदिनं भावयेत् सुधीः । द्विगुञ्जं पर्णखण्डेन चार्कक्वाथं पिबेदनु ।।७०९।।

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निहन्तिसन्निपातोत्थान्गदान्घोरान्सुदारुणान् । वातिकंपैत्तिकञ्चैवश्लैष्मिकञ्च विशेषतः ।।७१०।।

708-710. Sannipātasūrya Rasa:

Ingredients: Purified *hiñgula*, purified *gandhaka*, purified *tāmra* (*bhasma*), *marica* (fruits), *pippalī* (fruits), purified *viṣa* (root), dried ginger (*śunṭhī*) and purified *kanaka bīja* (seeds). Also the juice of *vijayā*.

Process of Drug-Making: Get powders of the following materials in equal parts (i.e. 50 gm. each): purified *hiñgula*, purified *gandhaka*, purified *tāmra* (*bhasma*), *marica* (fruits), *pippalī* (fruits), purified *viṣa* (root), dried ginger (*śunṭhī*) and purified *dhatturā* (seeds). Prepare *śalakṣana* (very fine) powder out of the *hiñgula* and *gandhaka* and compound the remaining components into their mix. In this fine powder mix, the juice of *vijayā* leaves is added for impregnation (*bhāvanā*) which needs to be continued for three days.

Method of use/Administration: A dose of 250 mg. of the medicine should be kept in betel leaves and given to patient along with decoction of the root-bark of *arka* as *anupāna*.

Therapeutic benefits: *Sannipātasūrya Rasa* alleviates severe and complicated cases of *jvara* and other ailments caused by aggravation of *tṛidoṣa* and it is specifically useful in *vātika jvara*, *paittika jvara* and *Śleṣmika Jvara*.

(*Rasrāj Sundara*)

अघोरनृसिंहो रसः–

भागैकं मृतताम्रस्य द्विभागं मृतलोहकम् । त्रिभागं मृतवङ्गञ्च चतुर्भागं मृताभ्रकम् ।।७११।।
माक्षिकंरसगन्धौ च तथा शुद्धा मनःशिला । चत्वार्येतानि ताम्रस्य प्रत्येकं तुल्यमेव च ।।७१२।।
गरलं चाभ्रतुल्यं स्यात् त्रिकटुश्चाभ्रतुल्यकः । एतत् सर्वसमं देयं विषमाख्यं तथैव च ।।७१३।।
एतत् सर्वस्य द्विगुणं द्रव्यस्य कालकूटकम् । मात्स्यमाहिषमायूरघृष्टिपित्तैर्विभावयेत् ।।७१४।।
चित्रकस्य द्रवेणैव प्रत्येकं याममात्रकम् । सर्षपाभा वटी कार्या शोषयेदातपे ततः ।।७१५।।
दापयेद्वटिकामेकां पयःपेटीरसेन च । त्रयोदशसन्निपाते विसूच्यामतिसारके ।।७१६।।
त्रिदोषजेतथाकासेदापयेत्कुशलो भिषक् । पयः पेटीशतं दद्याद् भोजनं दधिभक्तकम् ।।७१७।।
तथा भर्जितमत्स्यञ्च लेपनं तिलचन्दनैः । रोगी वाञ्छति यद् द्रव्यं तत्सर्वं परिदापयेत् ।।
अघोरनृसिंहनामा रसानामुत्तमो रसः ।।७१८।।

711-718. Aghoranṛisimha Rasa:

Ingredients: *Tāmrabhasma*, *lauha bhasma*, *vanga bhasma*,*abhraka bhasma*, *svarṇamākṣika bhasma*, purified *manahśilā*, *kṛiṣṇa Sarpaviṣa*, *tṛikaṭu*, purified

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viṣamuṣṭi and *kālakūta viṣa* along with *pitta Pañcaka* with decoction of *citraka* root.

Process of Drug-Making: Take the above materials in following measures: purified *gandhaka* (1 part), *tāmrabhasma* (1 part), *lauha bhasma* (2 parts), *vanga bhasma* (3 parts), *abhraka bhasma* (4 parts), *svarṇamākṣika* (1 part), purified *manahśilā* (1 part), *kṛiṣṇa Sarpaviṣa* (4 parts), *tṛikaṭu* (4 parts), purified *viṣamuṣṭi* (22 parts) and *kālakūta viṣa* (88 parts). First of all, *kajjalī* of *pārada* and *gandhaka* should be prepared and rest of the ingredient drugs be mixed and ground well. Further, the powder of purified *viṣamuṣṭi* (detoxified nuxvomica fruit part)-equal to total mixture of drugs (or 22 parts in quantity) should be added and then, in the same way, the powder of *kālakūṭa viṣa* (88 parts) is also added. This mixture is impregnated with *Pitta pañcaka* separately (with each type of *pitta* for six hours) and finally, the same is impregnated with decoction of *citraka* root and triturated properly for three hours. Lastly, the pills of the weight or size of mustard seeds are prepared, dried and kept in container.

Method of use/Administration: The medicine is to be taken in doses of one pill with coconut water in all the thirteen types of *sannipātajvara*, *viṣūcī*, *atisāra* and *tṛidoṣaja kāsa*.

In case of excessive thirst, the coconut water in as much quantity as the patient desires should be served. When he feels appetite, cooked rice mixed with yoghurt can be served. In case of a diet of non-vegetarian patient, fried fishes is permitted. Pasting of *tila* and sandalwood over body is suggested for bringing down his temperature.

Therapeutic benefits: The patient should be served with eatables he likes. This recipe famous by the name of *Aghoranṛisimha Rasa*, is best among all *rasa* formulations.

(*Rasrāj Sundara*)

प्रतापतपनो रसः–

गन्धकं हिङ्गुलं तालं सूतकं लौहटङ्गणम् । खर्परं स्वर्जिकाक्षारं माक्षिष्ठं हिङ्गुलं समम् ।।७१९।।
रसेन मर्दितं पिण्डं निर्गुण्डीहस्तिशुण्डयोः । अष्टयामं पचेत् कूप्यां निरुध्य सिकताह्वये ।।७२०।।
ततः सिद्धं समादाय रक्तिकामार्द्रकेन च । सन्निपातविनाशाय प्रतापतपनो रसः ।।७२१।।
दधिभक्तं तथा दुग्धं छागमांसञ्च भोजयेत् ।।७२२।।

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719-722. Pratāpatapana Rasa:

Ingredients: Purified *gandhaka*, purified *hiñgula*, *suddah haratāla*, purified *pārada*, *lauhabhasma*, purified *tañkaṇa*, *kharpara bhasma*, *svarjika kṣāra*, *manjiṣṭhā cūrṇa*.

Process of Drug-Making: Obtain the above materials in equal parts. Firstly, *kajjalī* of *pārada* and *gandhaka* should be prepared and then, rest of ingredients in powder form should be mixed into it. The mix is impregnated with *hastisunḍī* and *nirgunḍī* and triturated for whole one day. This drug mixture is filled and packed in *kācakūpī* (till one fourth part) which is placed upto its neck inside a *Bālukā Yañtra* kept on fire for *pāka* for 24 hours. When it naturally cools down to atmospheric temperature the drug is taken out the preparation through specific method as usual. It should be kept safely in suitable container.

Method of use/Administration: The medicine is to be given in doses of 125 mg. with ginger juice to patient suffering from *sannipātajvara*. When patient feels hungry, cooked rice mixed with curd, or milk should be served. Meat of goat can be served to non-vegetarian patients.

(*Rasrāj Sundara*)

प्राणेश्वरो रसः–

शुद्धसूतं तथा गन्धं मृताभ्रं विषसंयुतम् । रसं संमर्दितं तालमूलीनीरैस्त्र्यहं बुधः ।।७२३।।
पूरयेत्कूपिकान्ते च मुद्रयित्वा च शोषयेत् । सप्तभिर्मृत्तिकावस्त्रैर्वेष्टयित्वा च शोषयेत् ।।७२४।।
पुटेत् कुम्भीप्रमाणेन स्वाङ्गशीतं समुद्धरेत् । गृहीत्वा कूपिकामध्यान्मर्दयेच्च दिनं ततः ।।७२५।।
अजाजी जीरकं हिङ्गु सर्जिका टङ्कणं जगत् । गुग्गुलुः पञ्चलवणं यवक्षारो यमानिका ।।७२६।।
मरिचं पिप्पली चैव प्रत्येकं रसमानतः । एषां कषायेण पुनर्भावयेत् सप्तधाऽऽतपे ।।७२७।।
नागवल्लीदलयुतं पञ्चगुञ्जं रसेश्वरम् । दद्यान्नवज्वरे तीव्रे सोष्णं वारि पिबेदनु ।।७२८।।
प्राणेश्वरो रसो नाम सन्निपातप्रकोपनुत् । शीतज्वरे दाहपूर्वे गुल्मे शूले त्रिदोषजे ।।७२९।।
वाञ्छितं भोजनं दद्यात् कुर्याच्चन्दनलेपनम् । तापोद्रेकस्य शमनं बलाधिष्ठानकारकम् ।
भवेच्च नात्र सन्देहः स्वास्थ्यञ्च लभते नरः ।।७३०।।

723-730. Prāṇeśvara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma* and purified *vatsanābha*, *muṣalī*, *kṛiṣṇa jīraka*, *śvetajīraka*, asafoetida, *svarjikakṣāra*, purified *tañkaṇa*, *saurāṣṭra mṛittikā* (*jagat*), *guggulu*, *pañcalavaṇa*, *yavakṣāra*, *yavānī*, *marica* and *pippalī*.

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Process of Drug-Making: Get the following materials in equal parts: purified *pārada*, purified *gandhaka*, *abhraka bhasma* and purified *vatsanābha*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of drugs. This fine powder is impregnated with *Svarasa* or *kvātha* of *muṣalī* for three days and triturated well. After drug material is dried up, it is packed in *kācakūpī* which is well covered by seven layers of cloth and wet mud and dried. This glass apparatus is fixed in *bālukayañtra* upto neck and retained on fire for twelve hours. When it cools down naturally the preparation should be taken out from apparatus. After grinding the drug to the stage of fine powder, it should be impregnated with decoction of the *kṛiṣṇa jīraka*, *śvetajīraka*, asafoetida, *svarjikakṣāra*, purified *tañkaṇa*, *saurāṣṭra mṛittikā* (*jagat*), *guggulu*, *pañcalavaṇa*, *yavakṣāra*, *yavānī*, *marica* and *pippalī*. (For decoction, take these materials each equaling the measure of *pārada* and add water 16 times of the combined weight to it. Boil the preparation till it isreduced to a one-fourth). Now, the product is packed in suitable container safely.

Method of use/Administration: The medicine is to taken in doses of 625 mg. with leaves of *nāgavallī* for use in intense *navajvara* and lukewarm water is given to patient for drink following to the drug intake (*anupāna*). Patient should be served with eatables as per his desires. Pasting white sandalwood is suggested over patient's body in order to pacify the heat due to temperature or intake of the medicine.

Therapeutic benefits: It alleviates *sannipātta jvara*. It should be used in fever associated with cold and burning sensation, *tṛidoṣaja jvara*, *gulma* and *tṛidoṣajaśūla*.This medicine promotes body strength. The users gain health from it without doubt.

(*Rasendra Sār Sangraha*)

सन्निपातभैरवो रसः–

पारदं गन्धकं तालं वत्सनाभं त्रिभिः समम् ।।७३१।।
दारुमूषञ्च गरलं सर्वस्य समहिङ्गुलम् । मुद्गप्रमाणं वटिकां कारयेत् कुशलो भिषक् ।।७३२।।
सन्निपाते वटीमेकामार्द्रद्रावैः प्रदापयेत् । रसो महाप्रभावोऽयं सन्निपातस्य भैरवः ।।७३३।।

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731-733. Sannipātabhairava Rasa (first recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, purified *haratāla*, purified *vatsanābha*, purified *darumūṣa*, purified *kṛiṣṇa Sarpaviṣa* (*garala*) and purified *hiñgula*.

Process of Drug-Making: Obtain the above materials in the following measures: purified *pārada* (10 gm.), purified *gandhaka* (10 gm.), purified *haratāla* (10 gm.), purified *vatsanābha* (30 gm.), purified *darumūṣa* (10 gm.), purified *kṛiṣṇa Sarpaviṣa* (*garala*) (10 gm.) and purified *hiñgula* (80 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Ground the preparation well and prepare pills in size of *mudga* beans.

Method of use/Administration: It should be taken in doses of 10 mg. with fresh ginger juice.

Therapeutic benefits: *Sannipātabhairava Rasa* has been effectively useful for internal use in *sannipātta jvara*.

(*Rasrāj Sundara*)

सन्निपातभैरवो रसः (द्वितीयः)–

रसं विषं गन्धकञ्च हरितालं फलत्रयम् । जयपालं त्रिवृत्स्वर्णं ताम्रसीसाभ्रलौहकम् ।।७३४।।
अर्कक्षीरं लाङ्गली च स्वर्णमाक्षिकमेव च । समं कृत्वा रसेनैषां त्रिंशंद्वारञ्च मर्दयेत् ।।७३५।।
अर्कःश्वेतोऽलम्बुषाचसूर्यावर्त्तश्चकारवी । काकजङ्घा शोणकश्च कुष्ठं व्योषं विकङ्कतम् ।।७३६।।
सूर्यमणिश्चन्द्रकान्तो निर्गुण्डी च महाजटा । धुस्तूरदन्तीपिप्पल्यो दशाष्टाङ्गमिदं शुभम् ।।७३७।।
रसतुल्यं प्रदातव्यं दत्त्वा तोयं चतुर्गुणम् । शिष्टैकगुणतोयेन भावनाविधिरिष्यते ।।७३८।।
भावनायां भावनायां शोषणं मुहुरिष्यते । ततश्च वटिकां कृत्वा भैरवाय बलिं ददेत् ।।७३९।।
रसोऽयं श्रीसन्निपातभैरवो ज्वरनाशनः । सर्वोपद्रवसंयुक्तं ज्वरं हन्ति न संशयः ।।७४०।।
सन्निपातज्वरं हन्ति जीर्णञ्च विषमं तथा । ऐकाहिकं द्व्याहिकञ्च चातुर्थकमपि ध्रुवम् ।।७४१।।
ज्वरञ्च जलदोषोत्थं सर्वदोषसमाकुलम् । भैरवस्य प्रसादेन जगादानन्दकन्थडी ।।७४२।।

734-742. Sannipātabhairava Rasa (second recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, purified *haratāla*, purified *vatsanābha* (*viṣa*), purified *jayapāla*, *triphalā* herbs, *svarṇabhasma*, *tāmrabhasma*, *śīśaka bhasma*, *lauha bhasma*, *abhraka bhasma*, *arka* latex, purified *lāngalī* (root) and *svarṇamākṣika bhasma* Also the *śvetārka* (root), *munḍī* (herb/head), *sūryāvartta*, *karavī* (*vanyakāravellaka*), *kākajanghā* (root), *śyoṇāka* (bark), *kuṣṭha* (root), dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), *vikañkaṭa*

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(bark), *sūryakāntamaṇi*, *candrakāntamaṇi*, *nirgundī* (leaves), *rudrajāta*, *dhatturā* (leaves/root), *dantī* (root) and *pippalī* (fruit).

Process of Drug-Making: Get the following materials in equal parts (i.e. 20 gm. each): purified *pārada*, purified *gandhaka*, purified *haratāla*, purified *vatsanābha* (*viṣa*), purified *jayapāla*, *triphalā* herbs, *svarṇabhasma*, *tāmrabhasma*, *śīśaka bhasma*, *lauha bhasma*, *abhraka bhasma*, *arka* latex, purified *lāngalī* (root) and *svarṇamākṣika bhasma*. Mix them together. This mixture is impregnated with decoctions of the following eighteen drugs each obtained in parts equal to the purified *pārada*: *śvetārka* (root), *munḍī* (herb/head), *sūryāvartta*, *karavī* (*vanyakāravellaka*), *kākajanghā* (root), *śyoṇāka* (bark), *kuṣṭha* (root), dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), *vikañkaṭa* (bark), *sūryakāntamaṇi*, *candrakāntamaṇi*, *nirgundī* (leaves), *rudrajāta*, *dhatturā* (leaves/root), *dantī* (root) and *pippalī* (fruit). The decoction is applied for impregnating (*bhāvanā* process) the above mixture for thirty times. In each of the *bhāvanā* process the preparation should be soaked into the decoction and be dried up. After it dries up repeat the process. After 30 times this process is repeated, prepare pills measuring 125 mg. each. Dry them and pack in suitable container. When the preparation ends one should worship and offer sacrifice to Bhairava.

Therapeutic benefits: This important recipe, known as *Sannipātabhairava Rasa*, definitely alleviates ordinary fever with various complications, *sannipātta*, *jīrṇa*, *viṣama*, *ekāhikā*, *dvyāhika* and *caturthikā*, *jaladoṣaja jvara* and *jvara* manifested with all morbid humors.

The formula has been propounded by ĀnandaKaṇṭhaḍī Āchārya, who was blessed by Śrī Kāla Bhairava.

(*Rasrāj Sundara*)

स्वेदशैत्यारिरसः–

ताम्रशुण्ठ्यर्कमूलानिद्विनिष्काणिपृथक्-पृथक् । ऐक्यतःपञ्चलवणात्पलंपिष्ट्वापुटं देत् ।।७४३।।
गन्धेशशङ्खभस्मानि चतुर्निष्कमितानि च । देवदालीरसैः पिष्ट्वा त्रिदिनं केकिपित्ततः ।।७४४।।
स्वेदशैत्यापनुत्त्यर्थं बल्लमात्रं प्रयोजयेत् । दध्ना सम्मर्दयेत् पात्रे जलरंगं समाचरेत् ।।
पथ्यं घृतं सिन्धुमुद्ग-खर्जूरिक्षुकगोस्तनीः ।।७४५।।

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743-745. Svedaśaityāri Rasa:

Ingredients: *Tāmra bhasma*, powder of dried ginger (*śunṭhī*), *arka* (root powder), *Pañcalavaṇa*, purified *pārada*, purified *gandhaka*, *śankha bhasma*, juice of *devadāli* and *pitta* of peacock.

Process of Drug-Making: Obtain the above materials in indicated parts: *tāmra bhasma* (6 gm.), powder of dried ginger (*śunṭhī*) (6 gm.), *arka* (root powder) (6 gm.), *Pañcalavaṇa* (11 gm. each of the five salts), purified *pārada* (12 gm.), purified *gandhaka* (12 gm.) and *śankha bhasma* (12 gm.). First obtain fine powder of the *tāmra bhasma*, dried ginger (*śunṭhī*), *arka* (roots), *Pañcalavaṇa*. Mix all these powders together and process them through *puṭa* method of heating. After the process is completed and the preparation cools down to the natural temprature, mortar the same. Add to it the *kajjalī* prepared out of the *pārada* and *gandhaka*.Add to the mortar the *śankha bhasma*. subsequently triturate the preparation with juice of *devadāli* for one day and subsequently mortar the same along with *pitta* of peacock for three days. Finally store the drug in a suitable container.

Method of use/Administration: *Svedaśaityārii Rasa* is recommended in doses of 12 gm. with juice of fresh ginger.

Stream on head and other cold water treatment and diets of *ghṛita*, rock salt, *mudga* soup, sugarcane (*ikṣu rasa*), *kharjūra*, *drākṣā* and raisin fruits are to be served to the patients.

Therapeutic benefits: *Svedaśaityārii rasa* is recommended for therapeutic use in condition of sweating and cold.

(*Rasrāj Sundara*)

सूचिकाभरणो रसः–

विषंपलमितंसूतःशाणिकश्चूर्णयेद्द्वयम् । तच्चूर्णं सम्पुटे क्षिप्त्वा काचलिप्तशरावयोः ।।७४६।।
मुद्रांदत्त्वाचसंशोष्य ततश्चुल्ल्यां निवेशयेत् । वह्निं शनैः शनैः कुर्यात् प्रहरद्वयसंख्यया ।।७४७।।
तत उद्घाटयेन्मुद्रामुपरिस्थः शरावकात् । संलग्नो यो भवेत्सूतस्तं गृह्णीयाच्छनैः शनैः ।।७४८।।
वायुस्पर्शोयथानस्यात्तथाकूप्यांनिवेशयेत् । यावत्सूच्यामुखेलग्नं कूप्या निर्याति भेषजम् ।।७४९।।
तावन्मात्रोरसो देयो मूर्च्छिते सन्निपातिनि । क्षुरेण प्रच्छिते मूर्ध्नि तत्राङ्गुल्या च घर्षयेत् ।।७५०।।
रक्तभेषजसम्पर्कान्मूर्च्छितोऽपि हि जीवति । तथैव सर्पदष्टस्तु मृतावस्थोऽपि जीवति ।।७५१।।
यदा तापो भवेत्तस्य मधुरं तत्र दीयते ।।७५२।।

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746-752. Śūcikā Bharana Rasa :

Ingredients: *Viṣa* and *sūta*.

Process of Drug-Making: 46 gm. of *viṣa* and 6 gm. of *sūta* should be triturated together. The powder, then, should be kept inside a *śarāva* (earthen plate). Over it, another *śarāva* should be kept face to face and the joint of the brims of two *śarāvas* should be sealed with mud smeared cloth-strips. The inner surfaces of both these *śarāvas* should be smeared with the powder of glass before keeping the drugs inside them. After the mud-seal is dried up, it should be kept over oven and fire should be given gradually for six hours. Then it should be taken out of the oven. After breaking the seal the sublimed smoke deposited in the upper *śarāva* should be collected gradually. This powder should then be kept inside an air- tight bottle.

Method of use/Administration: The quantity of preparation that can be taken on the tip of a needle should be used in cases of fainting and *sannipātta* fever. The skin of the head should be used in fainting and *sannipātta* fever. The skin of the scalp should be incised with the help of razor blade and with the help of fingers, the drug should be rubbed over this incised point. When the drug comes into contact with the blood, even the fainted patient regains life. If there is excessive temperature after the administration of this drug then some sweet drinks should be served.

Therapeutic benefits: Helpful in gaining conciousness in cases of fainting and *sannipātta* fever. Similarly, the snake-bitten person in fainting or unconscious condition, may be saved by administering this preparation.

(*Śārangdhar Sanhitā*)

वाडवरसः–

पटुना पूरयेत् स्थालीं तन्मध्ये पटुमूषिकाम् । तन्मध्ये रामठीमूषा तन्मध्ये सूतकं क्षिपेत् ।।७५३।।
विषंनिघृष्यसूतांशंवारिणाऽऽलोड्यसप्तभिः । कृते त्रिभिः सङ्गुणिते तेन चैवं दहेच्छनैः ।।७५४।।
वह्निं प्रज्वालयेच्चोग्रं हठाद् यामचतुष्टयम् । तद्भस्म तिलमात्रन्तु दद्यात् सर्वेषु पाष्मसु ।।७५५।।
ग्रहण्यां जठरे शूले मन्दाग्नौ पवनामये । युक्तमेतन्निहन्त्येव कुर्याद्बहुतरां क्षुधाम् ।।७५६।।
तापे शीतक्रियां कुर्याद् वाडवाख्ये रसोत्तमे ।।७५७।।

753-757. Vāḍava Rasa:

Ingredients: Asafoetida, purified *pārada* and purified *vatsanābha* (*viṣa*).

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Process of Drug-Making : *Mūṣā* made of *kalka* of asafoetida (150 gm.) is kept inside a *lavaṇa* (salt-filled) pitcher. In the asafoetida paste *mūṣā* one should place a mix of the purified *pārada* and purified *vatsanābha* (*viṣa*) (both in equal quantity i.e. 10 gm. each) that have been washed with water 21 subsequent times and triturated well. The pitcher in context is tightly closed and put on fire for *pāka* process for 12 hour, on hot fire.

Method of use/Administration: The medicine is to be taken in quantity equal to the size of one sesamum seed in treatment of various diseases with different *anupānas*. Cold treatment are advised to be undertaken for pacifying excessive heat caused by intake of the drug.

Therapeutic benefits: This formulation is specially useful in *grahaṇī*, *udararoga*, *śūla*, *agnimāndya* (diminished appetite) and *vātavyādhī* or *vāta vikāra*. It promotes appetite.

(*Rasendra Cintāmani*)

मृत्युञ्जयो रसः–

सूतंगन्धकटङ्कणं शुभविषं धुस्तूरबीजं कटुं नीत्वा भागमथोत्तरद्विगुणितं चोन्मत्तमूलाम्बुना ।
कुर्यान्माषवटींसुखातिसुखदांसर्वाञ्ज्वरान्नाशयेदेवश्रीशिवशासनात्प्रजनितःसूतश्चमृत्युञ्जयः ।।७५८।।
नारिकेलसितायुक्तं वातपित्तज्वरं जयेत् । मधुना श्लेष्मपित्तोत्थं ज्वरं सन्नाशयेद् ध्रुवम् ।
सन्निपातज्वरं घोरं नाशयेदार्द्रनीरतः ।।७५९।।

758-759. Mṛityuñjaya Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, purified *vatsanābha viṣa*, purified *dhatturā* seeds and *tṛikaṭu* powder along with decoction of *kṛiṣṇa dhatūra* (seeds).

Process of Drug-Making: Obtain purified *pārada* (1 part), purified *gandhaka* (2 parts), purified *tañkaṇa* (3 parts), purified *vatsanābha viṣa* (8 parts), purified *dhatturā* seeds (16 parts) and *tṛikaṭu* powder (32 parts). First of all prepare *Kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials in powdered form into the *kajjalī*. Then, the decoction of *kṛiṣṇa dhatūra* (seeds) is added for impregnation through *bhāvanā* for whole day and the preparation is thus triturated. Pills are prepared of 1 gm. measure each. Dry them under shadow and preserve the stock.

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Method of use/Administration: It is recommended to take the medicine along with coconut water and sugar in cases of *vātapittajvara*, with honey in cases of *kaphapittajvara* and with fresh ginger juice in cases of *sannipātajvara*.

Therapeutic benefits: The drug is helpful in cases of *vātapittajvara*, *kaphapittajvara* and *sannipātajvara*.

श्रीसन्निपातमृत्युञ्जयो रसः–

विषं सूतकगन्धौ च पित्तं मत्स्यवराहयोः । आजमायूरपित्ते च महिष्याश्चापि योजयेत् ।।७६०।।
हरितालं च सव्योषं वानरीबीजसंयुतम् । अपामार्गं चित्रमूलं जयपालञ्च कल्कयेत् ।।७६१।।
एतत्सर्वं समांशेन छागीमूत्रेण मर्दयेत् । माषेण सदृशी कार्या वटिका सद्भिषग्वरैः ।।७६२।।
महाज्वरे महाशीते महाशीतज्वरेऽपि च । मज्जागते सन्निपाते विषूच्यां विषमज्वरे ।।७६३।।
असाध्येमानवे युञ्ज्यादेकाहाज्ज्वरनाशिनी । जलोदरे च शैथिल्ये नासास्त्रावे च पीनसे ।।७६४।।
अजीर्णे मूर्च्छनोत्थाने श्लेष्मोत्थानेऽतिदुर्जये । कामलाशोथपाड्वादिसर्वरोगापहारकः ।।७६५।।
मृत्युञ्जयो रसो नाम ज्ञानज्योतिःप्रकाशितः । भृङ्गराजरसेनायं रसराजः प्रदीयते ।।७६६।।
निर्वाते निर्जनस्थाने बहुवस्त्रसमावृते । प्रस्वेदः क्षणमात्रेण जायते चिह्नमीदृशम् ।।७६७।।
मूर्च्छितः पतितो भूमौ दह्यमानः पुनः पुनः । एवं चिह्नं समालोक्य वदेन्नैरुज्यमातुरे ।।७६८।।
पथ्यं यद्याचते रोगी तद्दातव्यं प्रयत्नतः । दध्योदनं शीतजलं दातव्यं तद्विचक्षणैः ।।७६९।।
महारसः श्रेष्ठ एष शम्भुना प्रेरितो भुवि । कृपया सर्वभूतानां ज्ञानज्योतिःप्रकाशितः ।।७७०।।

760-770. Śrī Sannipātta Mṛityunjaya Rasa:

Ingredients: Purified *vatsanābha* (*viṣa*) (root), purified *pārada*, purified *gandhaka*, *biles* (*pitta*) of *matsya* (fish), *vārāha* (pig), *ajā* (goat), *mayūra* (peacock) and *mahisa* (buffalo), purified *haratāla*, *marica* (fruits), *pippalī* (fruits), purified *vanarī* (seeds), *apāmārga* (roots), *citraka* (root), purified *jayapāla* (seeds), *ajā mūtra* (goat's urine).

Process of Drug-Making: Obtain purified *vatsanābha* (*viṣa*) (root) (1 part), purified *pārada* (1 part) and purified *gandhaka* (1 part). Prepare *kajjalī* out of *pārada* and *gandhaka* and mix the *vatsanābha* powder into it. Triturate the mix along with *biles* (*pitta*) of *matsya* (fish), *vārāha* (pig), *ajā* (goat), *mayūra* (peacock) and *mahisa* (buffalo) separately. Subsequently churn the prepration with purified *haratāla*, *marica* (fruits) (1 part), *pippalī* (fruits) (1 part), purified *vanarī* (seeds) (1 part), *apāmārga* (roots) (1 part), *citraka* (root) (1 part), purified *jayapāla* (seeds) (1 part). Obtain *ajā mūtra* (goat's urine) in measure equal to combined weight of the rest of the above ingredients. Finally, pills of 1 gm. size are made out of the preparation and dried.

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Method of use/Administration: In treatment of *sannipātta jvara*, the recipe should be given with juice of *bhṛingarāja* to patient who should specifically be directed to sit in an airless room. After taking medicine he should sleep covered with thick cloths so that he could sweat. As a result, the patient faints and his body organs begin warming up. Such conditions indicate to restoration of normalcy.

When patient gains full sense and returns to normalcy, the food as desired should be served to him. It is better to take curd and cooked rice followed by cold water.

Therapeutic benefits: This formulation is therapeutically indicated for various types of fever and other indispositions, such as: *mahājvara*, *śīta jvara*, *mahāśīta jvara*, *dāha jvara*, *majjāgata-dhātugata jvara*, *sannipāttajvara*, *viṣūcī*, *viṣamajvara*, *asādhya* (seemingly incurable) *jvara*, *jalodara*, difficult cases of *kapharoga*, *kāmalā*, *dehaśaithilya*, *śotha pāṇḍu*, *nāsāśrāva* and *pīnasa* (*ajīrna*).

This great medicine has been expounded by sage Jñānajyoti, under the inspiration of God Śiva, for the benefit of all the human beings.

प्रभाकरः–

रसेनगन्धंद्विगुणंकृशानुरसैर्विमर्द्याष्टदिनंसुघर्मे । रसाष्टभागंत्वमृतञ्च दद्याद्विपाचयेद्वह्निरसेन किञ्चित् ।
पित्तैश्च संभावित एष देयस्त्रिदोषनीहारविनाशसूर्यः ।।७७१।।

771. Prabhākara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *citraka* root, powder of purified *vatsanābha* and *Pañcapitta*.

Process of Drug-Making: Purified *pārada* (1 part) and purified *gandhaka* (2 parts) are mixed and triturated together into a *kajjalī*. It is impregnated with decoction of *citraka* root and ground for eight days under sunlight. Then, powder of purified *vatsanābha* (1/8 part of *pārada*) is mixed into it. Finally, the preparation is processed through *bhāvanā* method along with the *Pañcapitta*. The medicine is to be packed in suitable container.

Therapeutic benefits: It eliminates *tridoṣaja jvara* as sun destroys *nīhāra* (fog).

कालग्निभैरवो रसः–

शुद्धसूतं द्विधा गन्धं मर्दयेद्गोक्षुरद्रवैः । भावितञ्च विशेष्याथ चूर्णयेदतिचिक्कणम् ।।७७२।।
चूर्णतुल्यं मृतं ताम्रं ताम्रादष्टांशकं विषम् । हिङ्गुलं रसभागञ्च द्वौ भागौ कनकस्य च ।।७७३।।

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बाणभागाऽत्र गोदन्ती बाणभागा मनःशिला । टङ्कणं नेत्रभागञ्च ऋतुभागञ्च खर्परम् ।।७७४।।
ब्रह्मभागञ्च जैपालं नेत्रभागं हलाहलम् । माक्षिकं चाग्निभागञ्च लौहवङ्गञ्च भागकम् ।।७७५।।
सर्वान् खल्लोदरे क्षिप्त्वा क्षीरेणार्कस्य मर्दयेत् । दशमूलकषायेण मर्दयेद्याममात्रकम् ।।७७६।।
पञ्चमूलकषायेण तथैव च विमर्दयेत् । चणमात्रां वटीं कृत्वा बलं ज्ञात्वा प्रयोजयेत् ।।७७७।।
सर्वं त्रिदोषजं हन्ति सन्निपातं सुदारुणम् । पूर्ववद्दापयेत्पथ्यं जलयोगञ्च कारयेत् ।।७७८।।
पथ्यं शाल्योदनं ज्ञेयं दधिभक्तसमन्वितम् । कालाग्निभैरवो नाम रसोऽयं सूरिपूजितः ।।७७९।।

772-779. Kālāgnibhairava Rasa:

Ingredients: Purified *pārada*, *gandhaka*, *gokṣura*, *tāmrabhasma*, purified *vatsanābha* (*viṣa*), purified *hiñgula*, purified *dhatturā* (seeds), purified *manahśilā* (powder), purified *gadantī* (*bhasma*), purified *kharpara*, purified *jayapāla*, purified *tañkaṇa*, purified *halāhala* (*viṣa*), purified *svarṇamaksika*, *lauhabhasma*, *vanga bhasma*, *arka*, *daśamūla* and *pañcamūla* decoction.

Process of Drug-Making: Prepare *kajjalī* of purified *pārada* (10 gm.) and *gandhaka* (20 gm.) and get it impregnated and ground with decoction of *gokṣura* for whole day to turn it into a dry powder.

Subsequently, add to this preparation the following: *tāmrabhasma* (30 gm.), purified *vatsanābha* (*viṣa*) (root $3^1/_3$ gm.), purified *hiñgula* (10 gm.), purified *dhatturā* (seeds 20 gm.), purified *manahśilā* (powder) (50 gm.), purified *gadantī bhasma* (50 gm.), purified *kharpara* (60 gm.), purified *jayapāla* (10 gm.), purified *tañkaṇa* (30 gm.), purified *halāhala* (*viṣa*) (30 gm.), purified *svarṇamaksika bhasma* (30 gm.), *lauha bhasma* (10 gm.) and *vanga bhasma* (10 gm.). Therefore, get the preparation impregnated by *arka* latex, *daśamūla* (root) decoction and *pañcamūla* decoction for three hours each. When proper grinding is over, the pills of 250 mg. measure should be prepared.

Method of use/Administration: It is to be taken in doses of one pill daily. As wholesome diet, cooked rice with curd is to be served. Cold water treatment is suggested for countering effect of excess heat produced bby the medicine.

Therapeutic benefits: *Kālāgnibhairava Rasa* is useful in cases of *tridoṣaja jvara* and *sannipātta jvara*.

(*Rasrāj Sundara*)

त्रैलोक्यचिन्तामणिः–

रसभस्म त्रयो भागा द्विभागञ्च भुजङ्गमम् । कालकूटञ्च षड्भागं भागैकं तालकं तथा ।।७८०।।
गोदन्ती गगनं तुत्थं शिलागन्धकटङ्कणम् । जयपालोन्मत्तदन्त्यः करवीरञ्च लाङ्गली ।।७८१।।

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पलाशमूलजैर्नीरैः सप्तधा भावितं दृढम् । चित्रमूलकषायेण चार्द्रकस्य च वारिणा ।।७८२।।
मात्स्यमाहिषमायूरच्छागवाराहडौण्डुभैः । मायुभिर्दशधा मर्द्यं शिलाखल्ले च संक्षयात् ।।७८३।।
धान्यद्वयां वटीं कुर्याच्छुद्धभाण्डे च धारयेत् । दातव्यं चानुपानेन नारिकेलोदकेन च ।।७८४।।
ताम्बुलञ्चततोदद्याद् भक्ष्यं शीतोपचारकम् । तिलतैले सदा स्नानं घृतमत्स्यादिभोजनम् ।।७८५।।
शीताम्लं दधिसंयुक्तं पुराणान्नं च भक्षयेत् ।।७८६।।

780-786. Trailokya Cintāmaṇi Rasa:

Ingredients: *Pāradabhasma* or *rasasindūra*, purified *kṛiṣṇasarpa viṣa*, *kālakūṭa viṣa* and purified *haratāla*, *godantī bhasma*, *abhraka bhasma*; purified *tuttha*, purified *manahśilā*, purified *gandhaka*, purified *tañkaṇa*, purified *jayapāla* (seed), *dhatturā* (root), *dantī* (root) and *lāngalī* (root), *palāśa* (bark), fresh ginger juice, *citraka* (root), *pittas* of *matsya* (fish), *chāga* (goat), *vārāha* (pig), *mahiṣa* (buffalo), *mayūra* (peacock) and *ḍaunḍubha sarpa* (specific variety of snake having two mouths).

Process of Drug-Making: Get the ingredients in indicated parts: *pāradabhasma* or *rasasindūra* (3 parts), purified *kṛiṣṇasarpa viṣa* (2 parts), *kālakūṭa viṣa* (6 parts) and 1 part each of the purified *haratāla*, *godantī bhasma*, *abhraka bhasma*, purified *tuttha*, purified *manahśilā*, purified *gandhaka*, purified *tañkaṇa*, purified *jayapāla* (seed), *dhatturā* (root), *dantī* (root) and *lāngalī* (root). All the ingredient drugs are ground into a fine powder and impregnated with decoction of *palāśa* (bark), fresh ginger juice, decoction of *citraka* (root), *pitta* of *matsya* (fish), *chāga* (goat), *vārāha* (pig), *mahiṣaa* (buffalo), *mayūra* (peacock) and *ḍaunḍubha sarpa*. Impregnation (*bhāvanā*) process along with trituration (*mardana*) in stonemade *kharala* is required to be done separately with each drug for ten times. Lastly, the pills are prepared of 60 mg. measure and kept in purified and clean pot as suitable container.

Method of use/Administration: *TrailokyaCintāmaṇi rasa* is recommended in doses of one pill and followed with drink of coconut water and betel chewing. Cold measures are advised after use of this *rasa* recipe. One should take cereals cooked along with *ghṛita*, *matsya* (fish), cold and sour curd, old varieties of rice and like. The patient should take massage of sesame oil and bath daily.

(*Rasrāj Sundara*)

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रसेश्वरः–

रसेन गन्धं द्विगुणं गृहीत्वा तत्पादताम्रं हरितालहेम ।
भस्मीकृतं योजय मर्दयेत्तु दिनत्रयं वह्निरसेन घर्मे ।।७८७।।
विपञ्चदत्त्वाऽत्र कलाप्रमाणमजादिपित्तैः परिभावयेच्च ।
रक्तिद्वयञ्चास्य ददीत वह्निकटुत्रयेणाद्ररसप्रयुक्तम् ।।७८८।।
तैलेन चाभ्यक्तवपुश्च कुर्यात्स्नानं जलेनैव सुशीतलेन ।
यावद्भवेद् दुःसहमस्य शीतं मूत्रं पुरीषञ्च शरीरकम्पः ।।७८९।।
पथ्ये यदिच्छा परिजायतेऽस्य मरीचखण्डं दधिभक्तकञ्च ।
अल्पं ददीतार्द्रकमत्र शाकं दिनाष्टकं स्नानामिदञ्च पथ्यम् ।।७९०।।

787-790. Raseśvara:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, purified *haratāla*, decoction of *citraka* (root) and *Pañcapitta* (five kinds of *pitta*).

Process of Drug-Making: Obtain the ingredients in indicated parts: purified *pārada* (1 part), purified *gandhaka* (2 parts), *tāmra bhasma* (1 part) and purified *haratāla* (1 part). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Mortar the mix and impregnate it with decoction of *citraka* (root) and *Pañcapitta* (five kinds of *pitta*) separately. Pills are prepared of 250 mg. and packed in suitable container, when dried under shade.

Method of use/Administration: One pill of the medicine should be given along with the powder of *citraka* (root), dried ginger (*śunṭhī*), *marica* and *pippalī*each in equal quantity, mixed with juice of fresh ginger (*ārdraka Svarasa*). Patient should have his body massaged and following that he should continue to bath with cold water as long as he comes to feel cold and shivering and he passes urine and stool. When patient feels hungry, cooked rice mixed with black pepper powder should be given as wholesome diet. Green and fresh leafy vegetable should be served as well. One should maintain the dietary regulations for eight days.

Therapeutic benefits: There is no specific mention about the diseases cured by the drug. However, one can assume that it helps cure in different types of fever.

(*Rasendra Cintāmani*)

वडवानलः–

कान्तञ्च सूतं हरितालगन्धं समुद्रफेनं लवणानि पञ्च ।
नीलाञ्जनं तुत्थकमेव रौप्यभस्म प्रवालानि वराटिकाश्च ।।७९१।।

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वैक्रान्तशम्बूकसमुद्रशुक्ति सर्वाणि चैतानि समानि कुर्यात् ।
सूतं भवेद् द्वादशभागकञ्च स्नुह्यर्कदुग्धेन विमर्दयेच्च ।।७९२।।
दिनत्रयं वह्निरसैस्ततश्च निवेशयेत्ताम्रजसम्पुटे तत् ।
मृदा च संलिप्य सुसंपुटेत्तद्रसस्ततः स्याद्वडवानलाख्यः ।।७९३।।
तत्पादभागेन विषं नियोज्य कृशानुतोयेन पचेत् क्षणं तत् ।
वातप्रधाने च कफप्रधाने नियोजयेत् त्र्यूषणचित्रयुक्तम् ।।
दोषत्रयोत्थेऽपि च सन्निपाते वाताधिकत्वादिनिषूदनाय ।।७९४।।

791-794. Vaḍavānala Rasa:

Ingredients: *Lauhakānta bhasma*, purified *pārada*, purified *haritāla*, purified *gandhaka*, *samudraphena*, *pañcalavaṇa* (rock salt, *samudra*, *sauvarcala*, *viḍa*, *romaka*), purified *nīlañjana* (*bhasma*), purified *tutthaka*, purified *rajata* (*bhasma*), purified *pravāla* (*bhasma*), purified *varāṭikā* (*bhasma*), purified *vaikrānta* (*bhasma*), purified *śambūka* (*bhasma*), purified *samudrasuktā* (*bhasma*), latex of *arka* and *snuhī*along with *vatsanābha* (root) powder.

Process of Drug-Making: Obtain the following materials in 1 part each (i.e. 20 gm. each): *lauhakānta bhasma*, purified *pārada*, purified *gandhaka*, *samudraphena*, *pañcalavaṇa*, purified *nīianjana* (*bhasma*), purified *tutthaka* (*bhasma*), purified *rajata* (*bhasma*), purified *pravāla* (*bhasma*), purified *Varāṭikā* (*bhasma*), purified *vaikrānta* (*bhasma*), purified *śambūka* (*bhasma*) and purified *samudrasuktā* (*bhasma*).

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it in powdered form. The compound is to be impregnated separately with latex of *arka* and *snuhī* and subsequenly triturated. Following that small pills should be prepared out of the compound. These pills should be packed into a copper bowl (*sampuṭa*) with its mouth closed through the mud smeared piece of cloth. The *sampuṭa* is subsequently heated up through a *bāluka yañtra* for nine hours. Following that the *sampuṭa* is allowed to cool down to the natural temperature and the medicine in it is removed out and. After that the processed pills should be mortared into powder and triturated along with the *vatsanābha* (root) powder (in measure that is one fourth of the quantity of total drugs' mixture). Following that the decoction of *citraka* (root) should be added to the preparation and it is again triturated. This drug content should be finally heated (*pāka*) through *kukkuṭapaka* or *kaṭāha*. The preparation should be allowed to cool down to the natural temperature. The finished product is packed in safe and suitable container.

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Method of use/Administration: *Vaḍavānala Rasa* is recommended in doses of 125 mg. with *tṛikaṭu* (dried ginger (*śunṭhī*), *marica* and *pippalī*) and *citraka* (root) together totaling 2 gm. in measure.

Therapeutic benefits: It specially helps in checking different types of fever predominated by *vāta*, *pitta*, *kapha*, *tṛidoṣaja* as well as *sannipātajvara*.

(*Rasrāj Sundara*)

वडवाऽनलो रसः (बृहत्)–

सूतकं गन्धकं चैव हरितालं मनःशिला । अभ्रकं वत्सनाभं च दारु जङ्गमजं विषम् ।।७९५।।
जैपालात्सार्द्धशतकं सर्वं संचूर्ण्य मर्दयेत् । मात्स्यमाहिषमायूरच्छागपित्तैर्विभावयेत् ।।७९६।।
वटिकां शीततोयेन कुर्याद् गुञ्जाप्रमाणतः । वडवानलनामाऽयं नारिकेलजलेन वै ।।७९७।।
भक्षयेत्संनिपातार्त्तो मुक्तस्तस्मात्सुखी भवेत् ।।७९८।।

795-798. Vaḍavānala Rasa (major recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, purified *haritāla*, purified *manahśilā*, *abhraka bhasma*, purified *vatsanābha*, *dāru*, purified *Sarpaviṣa* (*jangamaja*), seeds of purified *jayapāla* and *pitta* of fish, buffalo, peacock and goat.

Process of Drug-Making: Get the following materials in 12 gm. measurement each: purified *pārada*, purified *gandhaka*, purified *haritāla*, purified *manahśilā*, *abhraka bhasma*, purified *vatsanābha*, *dāru*, purified *Sarpaviṣa* (*jangamaja*) and also obtain 150 seeds of purified *jayapāla*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it in the powdered form. Subsequently, the preparation is impregnated with *pitta* of fish, buffalo, peacock and goat separately for one day each. Finally, pills of 125 mg. measure are made.

Method of use/ Administration and Therapeutic benefits: *Bṛihat Vaḍavānala Rasa* is recommended in doses of one pill or with cold water or coconut water in cases of *sannipātta* fever. When needed, *jalayoga* (cool treatment) is also suggested.

(*Rasendra Sār Sangraha*)

वडवानलो रसः (सन्निपातहरः)–

रसांशकंविषंचस्यात्षट्षड्गन्धकतालयोः । दन्तीबीजस्यषड्भागाःपञ्चभागन्तु टङ्गणम् ।।७९९।।
चत्वारो धूर्त्तबीजस्य व्योषभागत्रयं भवेत् । एतानि वह्निमूलस्य क्वाथेन परिमर्दयेत् ।।८००।।

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आर्द्रकस्य रसेनाथ देयं गुञ्जाद्वयं द्वयम् । वढवानलसंज्ञोऽयं संनिपातहरः परः ।।८०१।।
नारिकेलोदकं देयं पिबेच्च शर्करोदकम् । क्षीरान्नं दापयेत् पथ्यं वडवाऽनलनामके ।।८०२।।

799-802. Vaḍavānaḷa Rasa (anti-sannipātta):

Ingredients: Purified *pārada*, purified *vatsanābha* (*viṣa*), purified *gandhaka*, purified *haratāla*, purified *dantībīja*, purified *tañkaṇa*, purified *dantī* (seeds), *tṛikaṭu* (*śunṭhī*, *marica* and *pippalī*), *citraka* decoction and ginger juice.

Process of Drug-Making: Take the following materials: purified *pārada*, purified *vatsanābha* (*viṣa*) (1 part each), purified *gandhaka*, purified *haratāla*, purified *jayapāla* (all in 6 parts each), purified *tañkaṇa* (5 parts), purified *dantī* (seeds) (4 parts) and *tṛikaṭu* (*śunṭhī*, *marica* and *pippalī*) (3 parts). First of all, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Get the preparation impregnated with decoction of *citraka* and juice of ginger for two days (one day with each of the liquids). Subsequently grind the preparation and make pills measuring 250 mg. each.

Method of use/Administration: One pill of the medicine is to be taken daily along with suitable *anupānas*. If feeling thirsty, the patient should be served with coconut water and syrup of sugar. When feeling hungry, he should take cooked rice and milk.

Therapeutic benefits: This medication eliminates all kinds of *sannipātta* fever.

(*Raskalp Drum*)

स्वच्छन्दनायकरसः–

सूतगन्धकलोहानिरौप्यंसंमर्दयेत् त्र्यहम् । सूर्यावर्त्तस्य निर्गुडण्यास्तुलस्या गिरिकर्णिजैः ।।८०३।।
अग्निमन्थार्द्रजैर्वह्निविजयाऽद्भिर्जयासहाकाकमाचीरसैरासां पञ्चपित्तैश्च भावयेत् ।।८०४।।
अन्यमूषागतं पञ्चाद्वालुकायन्त्रगं दिनम् । आदाय चूर्णितं खादेन्माषैकं चार्द्रकद्रवैः ।।८०५।।
निर्गुण्डीदशमूलानांकषायंसोषणं पिबेत् । अभिन्यासां निहन्त्याशु रसः स्वच्छन्दनायकः ।।
छागीदुग्धेन मुद्गैर्वा पथ्यमत्र प्रयोजयेत् ।।८०६।।

803-806. Svacchandanāyaka Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *rajaṭa bhasma*, herbal juices of *sūryāvartta*, *nirguṇḍī*, *tulasī*, *gokarṇa*, *agnimantha*, *ārdraka*, *citraka*, *vijayā*, *harītakī*, *māṣaparṇī* (or *mudgaparṇī*), *kākamācī* and each of the *pañcapittas*.

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Process of Drug-Making: Gather equal parts of the following materials: purified *pārada*, purified *gandhaka*, *lauha bhasma* and *rajata bhasma* and prepare a *kajjalī* out of them. Impregnate the mix through juices of the following herbs in sequence: *sūryāvartta*, *nirgunḍī*, *tulasī*, *gokarṇa*, *agnimantha*, *ārdraka*, *citraka*, *vijayā*, *harītakī*, *māṣaparṇī* (or *mudgaparṇī*), *kākamācī* and each of the *pañcapittas*. Finally, keeping the drug material in *andha muṣā* process the same through *agnipāka*. Take out the preparation when it becomes cold on its own. The pills of 60 mg. should be prepared.

Method of use/Administration: Take this drug along with juice of fresh ginger rhizome or decoction of *nirgunḍī* and *daśamūla* that is added with black pepper fruit or *marica* powder. As wholesome diets, the milk of goat and soup of *mudga* are fit for patient.

Therapeutic benefits: It relieves one suffering from *abhinyāsa jvara*.

(*Rasendra Sār Sangraha*)

सिंहनादो रसः–

लौहपात्रेशुद्धगन्धेद्राविते तत्र निक्षिपेत् । शुद्धं सूतं समं चाल्यं व्याघ्रीद्रावं द्वयोः समम् ।।८०७।।
निर्गुण्ड्युत्थंकरञ्जस्य तुल्यं द्रावं विनिक्षिपेत् । पचेन्मृद्वग्निना तावद्यावच्छुष्कं द्रवत्रयम् ।।८०८।।
विषं पादयुतं चूर्ण्यं सिंहनादोत्तमो रसः । गुञ्जामात्रः प्रदातव्यः सन्निपातज्वरान्तकः ।।८०९।।
अनुपानैःपिबेत् क्वाथं कण्टकार्याः सपुष्करम् । गुडूचीनागरैर्युक्तमरुचौ श्वासकासयोः ।।८१०।।

807-810. Simhanāda Rasa:

Ingredients: Purified *gandhaka*, purified *pārada*, juice of *kañṭakārī*, juice of *nirgunḍī*, *karañja* and purified *vatsanābha* (detoxified aconite) powder.

Process of Drug-Making: Melt purified *gandhaka* (20 gm.) on an iron pan and mix purified *pārada* in equal quantity to it (i.e. 20 gm.). This mixture should be further heated and allowed to mix well. Subsequently add to the mix, the juice of *kañṭakārī* (40 ml.) equal to both i.e. *pārada* and *gandhaka* and cook the same on low heat. Further the juice of *nirgunḍī* (40 ml.) and *karañja* (40 ml.) should also be added to the preparation one by one. The cooking should continue till the drug becomes dried. Subsequently, it should be added with purified *vatsanābha* (detoxified aconite) powder measuring one forth of the mix (i.e. 15 gm.). Get the preparation triturated for one or two days.

Method of use/Administration: The drug should be taken in doses of 125 mg. along with *kañṭakārī* decoction mixed with powder of *puṣkaramūla* root.

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Given with decoction of *guḍūcī* and dried ginger (*śunṭhī*), it alleviates *aruci* (anorexia), *kāsa* and *śvāsa*.

Therapeutic benefits: It alleviates *sannipātta jvara*, *aruci* (anorexia), *kāsa* and *śvāsa*.

(*Rasendra Sār Sangraha*)

कस्तुरीभैरवो रसः (स्वल्पः)–

हिङ्गुलञ्च विषं टङ्गं जातीकोषफले तथा । मरिचं पिप्पली चैव कस्तूरी च समांशिका ।।८११।।
रक्तिद्वयं ततः खादेत् सन्निपाते सुदारुणे ।।८१२।।

811-812. Kastūrī Bhairava Rasa:

Ingredients: Purified *hiñgula*, purified *vatsanābha* (*viṣa*), purified *tañkaṇa*, *jātipatri*, *jātīphala*, *marica*, *pippalī* and *kastūrī*.

Process of Drug-Making: Obtain 1 part each (ie. 20 gm. each) of purified *hiñgula*, purified *vatsanābha* (*viṣa*), purified *tañkaṇa*, *jātipatri*, *jātīphala*, *marica*, *pippalī* and *kastūrī*. All drugs should be ground in mortar and triturated well. The recipe should be packed in glass bottle.

Method of use/Administration: It should be taken in doses of 250 mg. along with fresh ginger juice and honey.

Therapeutic benefits: The medicine is useful in severe and complicated cases of *sannipāta*.

(*Rasendra Sār Sangraha*)

कस्तूरीभैरवो रसः (मध्यमः)–

मृतं वङ्गं खर्परं च कस्तूरीस्वर्णतारके । एतेषां समभागेन कर्षमेकं पृथक् पृथक् ।।८१३।।
मृतं कान्तं पलं देयं हेमसारं द्विकार्षिकम् । रसभस्म लवङ्गं च जातिकाफलमेव च ।।८१४।।
वक्ष्यमाणौषधैर्भाव्यं प्रत्येकं दिनसप्तकम् । द्रोणपुष्पीरसैर्वाऽपि नागवल्ल्या रसेन च ।।८१५।।
द्विश्चन्द्रं त्रिकटुं दत्त्वा यत्नतो वटिकां चरेत् । वातात्मके सन्निपाते महाश्लेष्मगदेषु च ।।८१६।।
त्रिदोषजनिते घोरे सन्निपाते सुदारुणे । नष्टगर्भे नष्टशुक्रे प्रमेहे विषमज्वरे ।।८१७।।
कासेश्वासे क्षये गुल्मे महाशोथे महागदे । स्त्रीणां शतं गच्छतश्च न च शुक्रक्षयो भवेत् ।।
एतान् सर्वान्निहन्त्याशु भास्करस्तिमिरं यथा ।।८१८।।

813-818. Kastūrībhairava Rasa (medium level):

Ingredients: *Vanga bhasma*, *kharpara bhasma*, *kastūrī*, *svarṇa bhasma*, *rajata bhasma*, *kāntalauha bhasma*, *hemasāra* (abstracts of *dhatūra*), *pārada*

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bhasma, clove, *jāyapāla*, juices of *droṇapuṣpī* and *nāgavallī*, powders of camphor and *tṛikaṭu*.

Process of Drug-Making: Get 12 gm. each of *vanga bhasma*, *kharpara bhasma*, *kastūrī*, *svarṇa bhasma* and *rajata bhasma*. Also obtain 24 gm. each of *kāntalauha bhasma*, *hemasāra* (abstracts of *dhatūra*), *pārada bhasma*, clove and *jāyapāla*. Mortar all these materials together. Treat them through *bhāvanā* method with juices of *droṇapuṣpī* and *nāgavallī* separately for seven days each. Following this add powders of camphor (24 gm.) and *tṛikaṭu* (24 gm.) to it and mortar the mix. Prepare pills measuring 125 mg. each.

Therapeutic benefits: This medicine is very useful in curing *sannipātta* having morrbid concentration of *vāta*, *sannipāta*, *mahāśvāsa*, in checking *śleṣmaroga*, serious *sannipātta* fever caused due to aggravated *doṣas*, *vikṛiata garbhāśaya* (dislocated uterus), loss of semen, *prameha* (i.e. urinary disorders including diabetes), *viṣam jvara*, *kāsa* (coughs), asthma, *kṣaya*, *gulma*, *mahāśotha* and *rajayakṣamā*. This medicine eradicates all these diseases as effectively as the bright sun clears darkness. This promotes aphrodisiac power and one never feels short of semen even after having repeated intercourses.

(*Rasendra Sār Sangraha*)

कस्तूरीभैरवो रसः (बृहत्)–

मृगमदशशिसूर्या धातकी शूकशिम्बी रजतकनकमुक्ता विद्रुमं लोहपाठाः ।
क्रिमिरिपुघनविश्वा वारितालाभ्रधात्री रविदलरसपिष्टं कस्तुरीभैरवोऽयम् ।।८१९।।
कस्तूरीभैरवः ख्यातः सर्वज्वरविनाशनः । आर्द्रकस्य रसैः पेयो विषमज्वरनाशनः ।।८२०।।
द्वन्द्वजान्भैतिकान्वाऽपिज्वरान्कामादिसम्भवान् ।अभिचारकृतांश्चैवतथाशत्रुकृतान्पुनः ।।८२१।।
निहन्याद्भक्षणादेव डाकिन्यादियुतांस्तथा । बिल्वचूर्णजीरकाभ्यां मधुना सह पानतः ।।८२२।।
आमातिसारं ग्रहणीं ज्वरातीसारमेव च । अग्निदीप्तिकरः शान्तः कासरोगनिकृन्तनः ।।८२३।।
क्षपयेद् भक्षणादेव मेहरोगं हलीमकम् । जीर्णज्वरं नूतनं वा द्विकालीनञ्च सन्ततम् ।।८२४।।
आक्षेपंभौतिकंवाऽपिहन्तिसर्वान्विशेषतः । ऐकाहिकंद्व्याहिकंवा त्र्याहिकं चतुराहिकम् ।।८२५।।
पाञ्चाहिकंषाष्ठाहंवापाक्षिकंमासिकं पुनः । सर्वाञ् ज्वरान्निहन्त्याशु भक्षणादार्द्रकद्रवैः ।।८२६।।

819-826. Kastūrībhairava Rasa (major level):

Ingredients: *Mṛigamada-kastūrī* (musk), *tāmra bhasma*, *dhātakī* (flowers), *vanarī* (*śukaśimbī*) (seeds), *pravāla bhasma*, *lauha bhasma*, *pāṭhā* (root), *viḍanga* (seeds), *mustaka* (root), dried ginger (*śunṭhī*), *sugandhabālā*, purified *haratāla*, *abhraka bhasma*, *dhātrī* (fruit) and *arka* (leaves) juice.

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Process of Drug-Making: Take the following materials measuring 1 part each: *mṛigamada* (*kastūrī*) (musk), *tāmra bhasma*, *dhātakī* (flowers), *vanarī* (*śukaśimbī*) (seeds), *pravāla bhasma*, *lauha bhasma*, *pāṭhā* (root), *viḍanga* (seeds), *mustaka* (root), dried ginger (*śunṭhī*), *sugandhabālā*, purified *haratāla*, *abhraka bhasma* and *dhātrī* (fruit). Mix all of them together and get it impregnated with *arka* (leaves) juice and triturated. Pills are made of the preparation in size 125 mg. each and dried under shade. Get them filled in suitable container.

Method of use/Administration: Taken with juice of fresh ginger, the medicine is used in checking *viṣamajvara* and *dvandaja jvara* and fever (*jvara*) caused by *bhūta* (evil spirits), *kāma* (passion), *krodha* (anger), sorcery, enemies, *ḍākini*, *bhuta-preta-pisāca* (evil spirits), etc. Taken with powder of dried pulp of *bilva* fruit that have been mixed with powder of *jīraka* and honey, the formulation is effective in checking the *āmātisāra*, *grahaṇī*, *jvarātisāra*.

Therapeutic benefits: It promotes digestive power (*agnipradīpana*). If taken with different kinds of *anupāna* (vehicles), it alleviates *kāsa*, *prameha*, *halīmaka*, *jīrṇa* (chronic or constant), *nūtana* (primary or initial stage for fever), *dvikālajvara* (fever characterizing temperature twice in a day), *santata jvara*, fever with convulsions (*akṣepajanya jvara*), *bhūtajanya jvara* (fever caused by evil spirits), *pākṣika* and *māsika* fever with different frequency of time or period e.g. temperature occurring daily, on every second day, fourth day, fifth day, sixth day or fortnightly and monthly. The medicine is to be taken along with ginger juice.

(*Rasendra Sār Sangraha*)

कस्तूरीभूषणरसः–

रसाभ्रटङ्कणं शुण्ठी कस्तूरी पिप्पली तथा । दन्तीमूलं जयाबीजं कर्पूरं मरिचं समम् ।।८२७।।
आर्द्रकस्वरसेनैव मर्दयेत् सप्तवारकम् । शृङ्गबेररसैर्युक्तिं योजयेद्रक्तिकाद्वयम् ।।८२८।।
वातश्लेष्मणिमन्देऽग्नौपित्तश्लेष्माधिकेऽपिच । त्रिदोषजनितेघोरे कासे श्वासे क्षये तथा ।।८२९।।
ऊर्ध्वजत्रुगरोगे च सशोथे विषमज्वरे । एष सर्वामयान् हन्ति शुक्रौजोबलवर्द्धनः ।।८३०।।

827-830.Kastūrī Bhūṣṇa Rasa:

Ingredients: Purified *pārada*, *abhraka bhasma*, purified *tañkaṇa*, dried ginger (*śunṭhī*), *kastūrī*, *pippalī*, *dantī* (root), *vijayā*, *karpūra*, *marica* and juice of fresh ginger.

Process of Drug-Making: Obtain in equal parts (i.e. 50 gm. each) the purified *pārada*, *abhraka bhasma*, purified *tañkaṇa*, dried ginger (*śunṭhī*), *kastūrī*,

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pippalī, *dantī* (root), *vijayā*, *karpūra* and *marica* and ground them together into powder. Get the mix impregnated with juice of fresh ginger for seven consecutive times.

Method of use/ Administration and Therapeutic benefits: Take 125 mg. doses of the medicine for treatment of *vātaśleṣma jvara*, *mandāgni*, *pittaśleṣmādhikya*, *tṛidoṣaja jvara*, severe *kāsa*, *śvāsa*, diseases of *urdhavajatru* (upper parts of the body like head), *śotha* and *viṣamajvara*. The medicine alleviates all these diseases and protects and develops *śukra* (semen) and *oja* (intellect).

अर्कमूर्त्ती रसः–

लौहाष्टकं मारितमर्कभागं सूतं द्विभागं द्विगुणञ्च गन्धम् ।
विमर्दयेद्विह्निरसेन तापे दिनत्रयं चात्र विषं कलांशम् ।।८३१।।
निक्षिप्य पित्तैः परिभावितोयंरसोऽर्कमूर्त्तिर्भवति त्रिदोषे ।।८३२।।

831-832. Arkamūrttī Rasa:

Ingredients: *Lauha bhasma*, *tāmra bhasma*, purified *pārada*, purified *gandhaka*, *citraka* (root), purified *vatsanābha* (root powder) and *pañcapitta*.

Process of Drug-Making: Take *lauha bhasma* (8 parts), *tāmra bhasma* (1 part), purified *pārada* (2 parts) and purified *gandhaka* (4 parts). Prepare *kajjalī* of *pārada* and *gandhaka* and mix the rest of materials into it. Add to it the decoction of *citraka* (root) and impregnating the preparation triturate it in open sun light for three days. Purified *vatsanābha* (root powder in quantity of 16th part of whole drug mixture) should be mixed into the preparation and then, it should be, impregnated with *pañcapitta* and finally dried after triturating.

Therapeutic benefits: The medicine *Arkamūrttī Rasa* is effective in treatment of *tṛidoṣaja jvara*.

(*Rasrāj Sundara*)

त्रिदोषदावानलो रसः–

ताम्रस्य पात्रे तु दिनैकमात्रं निम्बूरसेनापि च पित्तवर्गैः ।
क्षुद्रार्द्रकोत्थेन रसेन सूतस्त्रिदोषदावानल एष सिद्धः ।।८३३।।
गुञ्जाद्वयं त्र्यूषणयुक्तमस्य ददीत चित्रार्द्ररसेन वापि ।
नासापुटे चापि नियोजनीया गुञ्जाऽस्य शुंठी मरिचेन युक्ता ।।८३४।।

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833-834.Tṛidoṣa Dāvānala Rasa:

Ingredients: *Arkamurti Rasa*, *nimbuka* (juice), *pañcapitta* (five *pitta* obtained from pig, goat, peacock, buffalo and fish), *kṣudra kañṭakārī* (decoction) and fresh ginger juice.

Process of Drug-Making: Take the drug *Arkamūrttī Rasa* and grind the drug itself in a copper mortar along with *nimbuka* (its juice), *pañcapitta* (five *pitta* obtained from pig, goat, peacock, buffalo and fish), *kṣudra kañṭakārī* (its decoction) and fresh ginger (its juice). After triturating the compound, make pills out of them in measure of 250 mg. each and allow the pills to dry.

Method of use/Administration: This formulation in doses of 125 mg. is suggested for nasal inhalation or snuff. It controls the fainting due to *sannipātta* fever.

Therapeutic benefits: *Tṛidoṣa Dāvānala Rasa* is useful in treatment of *sannipātta jvara*.

त्रिदोषदावानलकालमेघः–

तालेन वङ्गं शिलया च नागं रसैः सूवर्णं रवितारपत्रम् ।
गन्धेन लौहं दरदेन सर्वं पुटे मृतं योजय तुल्यभागम् ।।८३५।।
तत्तुल्यसूतं द्विगुणञ्च गन्धं तुत्थञ्च गन्धेन समानभागम् ।
निम्बूत्थतोयेन विमर्द्य सर्वंगोलंप्रकृत्याथमृदाविलिप्य ।।८३६।।
पुटञ्च दत्त्वाऽथ विमर्दयैनं गन्धेन तुल्येन कृशानुनीरैः ।
विषञ्चदत्त्वा च कलाप्रमाणमीषत्कृशानूत्थरसैः पचेत्तु ।।८३७।।
पित्तैस्तथा भावित एष सूतस्त्रिदोषदावानलकालमेघः ।
वल्लंददीतास्य च पूर्वयुक्त्या दाहोत्तरे तं मधुपिप्पलीभिः ।।८३८।।
मुद्गञ्चशाल्यन्नमिह प्रशस्तं पथ्यं भवेत्कोष्णमिदं दिनान्ते ।

835-838. Tṛidoṣa Dāvānala Kālamegha:

Ingredients: *Vangabhasma* prepared with *tāla*, *nāgabhasma* preprared with *manahśilā*, *svarṇabhasma* prepared with *pārada*, *tāmra bhasma* and *lauhabhasma* prepared with *rajata bhasma* and *gandhaka*. Purified *hiñgula*, purified *tutthaka*, *nimbuka* juice, purified *vatsanābha* (root) powder, decoction of *citraka* (root) and *pañcapitta* obtained from fish, pig, peacock, buffalo and goat.

Process of Drug-Making: Obtain the following material in measure of one *tolā* each (i.e. 12 gm. each): *vangabhasma* prepared with *tāla*, *nāgabhasma* preprared with *manahśilā*, *svarṇabhasma* prepared with *pārada*, *tāmra bhasma*

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and *lauhabhasma* prepared respectively with *rajata bhasma* and *gandhaka* (100 gm.). Add to these *bhasmas* the purified *hiñgula* and get the mix thoroughly triturated. This mixture should be heated through *saṁpuṭa* process. When process of *puṭapāka* is over, *kajjalī* (taking *pārada* in measure equal to the above mix and *gandhaka* in the measure double to the amount of the *pārada*) and purified *tutthaka* (equal to the purified *gandhaka* in measure i.e. 100 gm.) should be thoroughly mixed into the preparation. Thereafter add to the compound the *nimbuka* juice in adequate quantity and get the mix triturated. This medicine should again be processed in *puṭa* (covered with mud layers). When it cools down to the atmospheric temperature, the content should be taken out of the *puṭa* and ground finely. It should be mixed with purified *vatsanābha* (root) powder (in proportion of 1:16 i.e. 35 gm.) and triturated through decoction of *citraka* (root). Churn the preparation and cook it on fire in a boiling pan or iron utensil (*kaṭāha*). When cooking is over the preparation is required to be, in sequence triturated along with *pañcapitta* obtained from fish, pig, peacock, buffalo and goat. Finally pack the medicine in glass bottle suitably.

Method of use/Administration: The drug is prescribed in doses of 375 mg. (modern dose 125 mg.) after mixing it with *tṛikaṭu* (dried ginger, *marica* and *pippalī*) powder, *citraka* (root) decoction and ginger juice. In case burning sensation predominates in fever the drug should be taken with honey and pepper. When patient feels hungry, lukewarm *mudga* soup as well as cooked *śāli* rice with curd should be served.

Therapeutic benefits: The medicine is appreciated as destroyer or killer of the indisposition caused by disordered *doṣas*. It destroys this indisposition as effectively as the fire wood destroys the wood.

(*Rasrāj Sundara*)

श्रीप्रतापलङ्केशरसः–

अपामार्गस्य मूलानां चूर्णं चित्रकमूलजैः । वल्कलैर्मर्दयित्वाऽथ रसं वस्त्रेण गालयेत् ।।८३९।।
तेन सूतसमं गन्धमभ्रकं पारदं विषम् । टङ्कणं तालकञ्चैव मर्दयेद्दिनसप्तकम् ।।८४०।।
त्रिदिनं मुषलीकन्दैर्मर्दयेद् घर्मरक्षितम् । मूषाञ्च गोस्तनाकारामापूर्योपरि ढक्कयेत् ।।८४१।।
सप्तभिर्मृत्तिकावस्त्रैर्वेष्टयित्वा पुटेल्लघु । रसतुल्यं लौहभस्म मृतवङ्गमहिन्तथा ।।८४२।।
मधूकसारजलदंरेणुकंगुग्गुलुं शिलाम् । चाम्पेयञ्च समांशं स्याद्भागार्द्धं शोधितं विषम् ।।८४३।।
तत्सर्वं मर्दयेत् खल्ले भावयेद्विषनीरतः । आतपे सप्तधा तीव्रं मर्दयेद्धटिकाद्वयम् ।।८४४।।
कटुत्रयकषायेण कनकस्य रसेन च । फलत्रयकषायेण मुनिपुष्परसेन च ।।८४५।।

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समुद्रफेननीरेण विजयापत्रवारिणा । चित्रकस्य कषायेण ज्वालामुख्या रसेन च ।।८४६।।
प्रत्येकं सप्तधा भाव्यं तद्वत्पित्तैश्च पञ्चभिः । सर्वस्य समभागेन विषेण परिधूपयेत् ।।८४७।।
विमर्द्य म्रक्षयित्वा च रक्षयेत्कूपिकोदरे । गुञ्जैकं वह्निनीरेण शृङ्गवेररसेन वा ।।८४८।।
दद्याच्च रोगिणे तीव्रमौढ्यविस्मृतिशान्तये । क्षुरेण तालुमाहत्य घर्षयेदार्द्रनीरतः ।।८४९।।
नोद्घटन्ते यदा दन्तास्तदा कुर्यादमुं विधिम् । सेचयेन्मन्त्रविद्वैद्यो वारिकुम्भशतैर्नरम् ।।८५०।।
भोजनेच्छा यदा तस्य जायते रोगिणः परम् । दध्योदनं सितायुक्तं दद्यात्तक्र सजीरकम् ।।८५१।।
पानेपानं सिताजातं यदिच्छेदाददीत तत् । एवं कृतेन शान्तिः स्यात्तापस्य च रुजस्तथा ।।८५२।।
सचन्द्रचन्दनरसालेपनं कुरु शीतलम् । यूथिकामल्लिकाजातीपुन्नागवकुलांवृताम् ।।८५३।।
विधाय शय्यां तत्रस्थां लेपनैश्चन्दनैर्मुहुः । हावभावविलासोक्तैः कटाक्षैश्चञ्चलेक्षणैः ।।८५४।।
पीनोत्तङ्गकुचापीडैः कामिनीपरिरम्भणैः । रम्यवीणानिनादोक्तैर्गायनैः श्रवणामृतैः ।।८५५।।
पुण्यश्लोककथाद्यैश्च सन्तापहरणं कुरु । दद्याद्वातेषु सर्वेषु सिन्धुजैः सह वह्निभिः ।।८५६।।
दद्यात्कणामाक्षिकाभ्यां कामलाह्वयपाण्डुषु । तत्तद्रोगानुपानेन सर्वरोगेषु योजयेत् ।।८५७।।
अयं प्रतापलङ्केशः सन्निपातहरः परः ।।८५८।।

839-858. ŚrīPratāpalankeśvara Rasa:

Ingredients: *Apāmārga*, *citraka*, *muśalī*, purified *pārada*, purified *gandhaka*, *abhraka bhasma*, purified *vatsanābha* (root), purified *tañkaṇa* and purified *haratāla*. *lauhabhasma*, *vangabhasma*, *nāgabhasma*, *madhūka sattva*, *musta powder*, *hareṇukā cūrṇa*, purified *guggulu*, purified *manahśilā*, *nāgakeśara*, purified *vatsanābha* powder, decoction of *vatsanābha* root, *tṛikaṭu*, *agastya* flowers, *samudraphena*, *vijayā*, *citraka* (root), *lāngalī* (root), *pittapañcaka* (five types of *pitta*) and *vatsanābha viṣa* (root).

Process of Drug-Making: Take 12 gm. measure each of the following materials: purified *pārada*, purified *gandhaka*, *abhraka bhasma*, purified *vatsanābha* (root), purified *tañkaṇa* and purified *haratāla*. First, *kajjalī* of *pārada* and *gandhaka* should be made and rest of the drugs should be mixed and powdered. It is impregnated with *apāmārga*, *citraka* and *muśalī* for seven days each. After impregnation is over the medicine is kept in *gostani mūṣā* (an apparatus of the shape of cow-udder). Mouth of apparatus is packed and closed with seven layers of mud-treated pieces of cloth. When *puṭa* cooking is done, the preparation should be triturated well. Add to the preparation 12 gm. measure powder of each of the following: *lauhabhasma*, *vangabhasma*, *nāgabhasma*, *madhūka sattva*, *mustaka*, *hareṇukā*, purified *guggulu*, purified *manahśilā* and *nāgakeśara* as well as 6 gm. measure of the purified *vatsanābha* powder. Get the preparation subsequently impregnated with decoction of *vatsanābha* root for seven consecutive times for two *ghaṭikā* (roughly two hours). After grinding well the

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preparation should be further triturated with *tṛikaṭu* decoction, *agastya* flowers juice, *samudraphena jāla*, *vijayā* juice, decoctions of *citraka* root and *lāngalī* root separately with each drug for seven times and then, with *pittapañcaka* (five types of *pitta*) for seven consecutive times. Lastly, *vatsanābha viṣa* in equal quantity should be burnt for treating the preparation with smoke-fumigation (*dhūpana*). Finally a grinding is done. The finished product is packed in glass bottle or suitable container.

Method of use/ Administration and Therapeutic benefits: The medicine has been useful in treating cases of severe fainting or unconsciousness. It should be given in doses of 125 mg. with decoction of *citraka* root or juice of fresh ginger. Optionally, incision for making a minute hole over *talu* (on skull) should be made by a sterilized sharp surgical instrument and the drug should be administered with needlepoint and the spot in context should be rubbed well with fresh ginger juice. In case the patient does not come to consciousness despite this therapy which does not succeed in opening his mouth or in removing denture closure, stream of cold water through hundred of pots should be sprinkled or poured on head of the patient. When, after gaining consciousness the patient feels strong desire to eat, he should be served with cooked rice mixed with yogurt and sugar. *Takra* (butter milk) fried with cumin seeds is also beneficial to the patient as are the cold and sweet syrups. This kind of treatment and measures in regard to food pacifies heat, temperature and pain of the patient.

The pasting of sandal-mixed with camphor, saffron and other aromatic articles or essences, should be applied on head, chest, arms and other organs. Patient should be advised to lie on comfortable bed adorned with flowers of various aromatic and aesthetic flowers such as *yūthikā*, *mallikā*, *jātī*, *punnāga* and *vakulā*. Dealing with woman is specifically advised. Conversation and association with clever, attractive and beautiful ladies have been advised and touching healthy and stable breasts and embracing beautiful passionate women are also prescribed. Listening to songs, music, instrumental sound as well as *Puranic* and religious scriptures, tales, holy recital, etc. are useful measures that pacify the patient. In *vātika* ailments, powder of rock salt mixed in powder or decoction of *citraka* root should be given along with this drug. It should be given with *pippalī* powder, *mākṣika bhasma* or honey in *pāṇḍu roga* (*anaemia*). This recipe (*rasa*) is *yogavāhi* and hence it may be given in different diseases with different *anupānas*. This

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formulation known as *Pratāpalankeśa Rasa* alleviates *sannipātta jvara* without doubt.

(*Ras Manjarī*)

कफकेतुः–

टङ्गणं मागधी शङ्खं वत्सनाभं समं समम् । आर्द्रकस्वरसेनाथ दापयेद् भावनात्रयम् ।।८५९।।
गुञ्जामात्रं प्रदातव्यमार्द्रकस्वरसैर्युतम् । पीनसे श्वासकासे च शिरोरोगे गलग्रहे ।।
कफरोगान्निहन्त्याशु कफकेतुरयं रसः ।।८६०।।

859-860.Kaphaketu:

Ingredients: Purified *tañkaṇa*, *pippalī* (fruit powder) *śankhabhasma*, purified *vatsanābha* (root powder) and fresh ginger juice.

Process of Drug-Making: Take purified *tañkaṇa*, *pippalī* (fruit powder) *śankhabhasma* and purified *vatsanābha* (root powder) in equal quantity (i.e. 50 gm. each) and ground them together into a fine powder. Subsequently impregnate the mix with fresh ginger juice thrice. Prepare pills of the size of 125 mg. or and pack the medicine in container.

Method of use/Administration: It is prescribed with juice of ginger in *pīnasa*, *kāsa*, *śvāsa*, *śiroroga* and *galagraha*.

Therapeutic benefits: *Kaphaketu rasa* is effective in various ailments caused by aggravation of *kapha* as suggested above.

(*Rasendra Cintāmani*)

कफकेतुः (बृहत्)–

दग्धशङ्खं त्रिकटुकं टङ्गणं समभागिकम् । विषञ्च पञ्चभिस्तुल्यमार्द्रतोयेन मर्दयेत् ।।८६१।।
वारत्रयं रक्तिकाभां वटीं कुर्याद्विचक्षणः । प्रातः सायञ्च वटिकाद्वयमार्द्रकवारिणा ।।८६२।।
कफकेतुः कण्ठरोगं शिरोरोगञ्च नाशयेत् । पीनसं कफसङ्घातं सन्निपातं सुदारुणम् ।।८६३।।

861-863. Kaphaketu (major recipe):

Ingredients: *Śankha bhasma*, dried ginger (rhizome powder), *marica* (fruit powder), purified *tañkaṇa*, *pippalī*, purified *vatsanābha* and fresh ginger juice.

Process of Drug-Making: Get the following materials in measure of 50 gm. each: *śankha bhasma*, dried ginger (rhizome powder), *marica* (fruit powder), purified *tañkaṇa*, *pippalī* along with purified *vatsanābha* measuring 250 gm. Mix all of them together and ground the mixture into a fine powder. Get it impregnated

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with fresh ginger juice thrice. Finally, make pills measuring 125 mg. each and dry them under shade.

Method of use/ Administration and Therapeutic benefits: *Kaphaketu rasa* is to be taken in doses of one pill with ginger juice in morning and evening in various ailments like *sannipātta jvara*, *kāsa* (coughs), *pīnasa*, head-diseases and throat diseases.

(*Rasrāj Sundara*)

श्लेष्मकालानलो रसः–

हिङ्गुलसम्भवं सूतं गन्धकं मृतताम्रकम् । तुत्थं मनोह्वा तालञ्च कट्फलं धूर्त्तबीजकम् ।।८६४।।
समाक्षिकं हिङ्गु कुष्ठं त्रिवृद्दन्तीकटुत्रिकम् । व्याघ्रिघातफलं वङ्गं टङ्गणं समभागिकम् ।।८६५।।
स्नुहीक्षीरेणवटिकांकारयेत्कुशलोभिषक् । विज्ञायकोष्ठंकालञ्चयोंजयेद्रक्तिकां क्रमात् ।।८६६।।
वातश्लेष्मणिमन्देऽग्नौपित्तश्लेष्माधिकेऽपिच । जीर्णज्वरेचश्वयथौ सन्निपाते कफोल्बणे ।।८६७।।
बलासप्रबलंत्यक्त्वा धातुं वातात्मकं नयेत् । सेवनात्सर्वरोगघ्नः श्लेष्मकालानलो रसः ।।८६८।।

864-868. Śleṣma Kālānala Rasa:

Ingredients: *Hiñgulottha pārada*, purified *gandhaka*, *tāmra bhasma*, purified *tuttha*, purified *manahśilā*, purified *haratāla*, *kaṭphala* (bark powder), purified *dhatturā* (seeds powder), purified *svarṇamākṣika* (*bhasma*), purified *hingu* (fried) (exudates), *kuṣṭha* (root powder), *tṛivṛit* (root powder), *dantī* (root powder), *tṛikaṭu* (incorporating dried ginger, *marica* and *pippalī*), *āragvadha* (fruit pulp), *vanga bhasma*, purified *tañkaṇa and snuhī* latex.

Process of Drug-Making: Take 1 part each (i.e. 50 gm. each) of the following materials: *Hiñgulottha pārada*, purified *gandhaka*, *tāmra bhasma*, purified *tuttha*, purified *manahśilā*, purified *haratāla*, *kaṭphala* (bark powder), purified *dhatturā* (seeds powder), purified asafoetida (fried) (exudates), purified *svarṇamākṣika* (*bhasma*), *kuṣṭha* (root powder), *tṛivṛit* (root powder), *dantī* (root powder), *tṛikaṭu* (incorporating dried ginger, *marica* and *pippalī*), *āragvadha* (fruit pulp), *vanga bhasma* and purified *tañkaṇa*.

First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix the rest into it. Ground the mix properly into a fine powder. Get the mix impregnated with *snuhī* latex and mortar it well. *Rasa* (recipe) is now ready and the same is packed in glass bottle or any other suitable container

Method of use/Administration: *Śleṣmakālānala Rasa* is effective in doses of 125 mg. to patient whose digestive power, etc. should be kept in view.

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Therapeutic benefits: This formulation is considered to be best remedy against various types of fever particularly *jvara*, *vātaśleṣmajvara*, *mandāgni* (deficient gastric fire), ailments caused by *pittaśleṣma* aggravation, *jīrṇajvara* (chronic fever), edema (*śotha*) and *kapha* dominated *sannipātajvara*.

The drug eliminates ailments caused by *kapha doṣa* by restoring its compatibility with *vāta*. The drug mainly checks the *kapha* disorder. However, it also alleviates various types of ailments when given with different *anupānas*.

(*Rasrāj Sundara*)

कालानलो रसः–

रसं गन्धं मृताभ्रञ्च टङ्गणञ्च मनःशिला । हिङ्गुलं गरलं दारुविषं ताम्रञ्च तत्समम् ।।८६९।।
विडालपदमात्रन्तु सर्वं शुद्धं विचूर्णयेत् । भावनायै प्रदातव्या लाङ्गलीमूलकैस्तथा ।।८७०।।
घोषामूलं तथा देयं मूलं लेहितचित्रकम् । अपुष्पफलभूधात्रीमूलं श्योनाकमूलकम् ।।८७१।।
छागो वराहो बर्ही च महिषो मत्स्य एव च । एतोषाञ्च ददेत् पित्तमार्द्रकस्य रसेन च ।।८७२।।
प्रत्येकं मर्दितं शुष्कं कणामात्रं प्रमाणतः ।।८७३।।
अशेषान्सन्निपातानहिक्षणमात्राद्व्यपोहति । वातश्लेष्मकृतान्रोगान् क्षणेनैव विनाशयेत् ।।८७४।।

869-874. Kālānala Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, purified *tañkaṇa*, purified *manahśilā*, purified *hiñgula*, purified *kṛiṣṇa sarpaviṣa*, *dāruviṣa*, *tāmrabhasma*, juices or decoction of *lāngalī* (root), *devadāli* (fruits), *raktacitraka* (root), *bhūmyāmalakī* (herb) (pre flowering/fruiting stage), *śyoṇāka* (bark/root), *arka* (leaves), *pittapañcaka* (*pitta* of the pig, buffalo, fish, peacock and goat), ginger and juice of fresh ginger.

Process of Drug-Making: Take the following materials each in equal quantity (i.e. 10 gm. each): purified *pārada*, purified *gandhaka*, *abhraka bhasma*, purified *tañkaṇa*, purified *manahśilā*, purified *hiñgula*, purified *kṛiṣṇa sarpaviṣa*, *dāruviṣa* and *tāmrabhasma*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Get the mix impregnated seperately with the juices or decoction of *lāngalī* (root), *devadāli* (fruits), *raktacitraka* (root), *bhūmyāmalakī* (herb) (pre flowering /fruiting stage), *śyoṇāka* (bark/root), *arka* (leaves), *pittapañcaka* (*pitta* of the pig, buffalo, fish, peacock and goat) and finally, with the juice of ginger, in sequence.

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Pills are made out of the preparation measuring the size of *pippalī*'s grain or mustard seeds i.e. 10 mg. and filled safely in glass bottle.

Therapeutic benefits: *Kālānala Rasa* promptly alleviates all types of *sannipātajvara* and various disease caused by *vātakaphaja* in no time.

(*Rasrāj Sundara*)

ज्वरमातङ्गकेशरी (मध्यज्वरे)–

पारदं गन्धकञ्चैव हरितालं समाक्षिकम् । कटुत्रयं तथा पथ्या क्षारौ द्वौ सैन्धवं तथा ।।८७५।।
निम्बस्य विषमुष्टेश्च बीजं चित्रकमेव च । एषां माषमितं भागं प्रतिगृह्य सुसंस्कृतम् ।।८७६।।
द्विमाषं कानकफलं विषं चापि द्विमाषिकम् । निर्गुण्डीस्वरसेनैव शोधयेत्तत्प्रयत्नतः ।।८७७।।
सार्द्धरक्तिप्रमाणेन वटी कार्या सुशोभना । सर्वज्वरहरी चैषा भेदिनी दोषनाशिनी ।।८७८।।
आमाजीर्णप्रशमनी कामलापाण्डुरोगहा । वह्निदीप्तिकरी चैषा जठरामयनाशिनी ।।८७९।।
उष्णोदकानुपानेन दातव्या हितकारिणी । भाषितो लोकनाथेन ज्वरमातङ्गकेशरी ।।८८०।।

875-880. Jvaramātañgakeśarī Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *haritāla*, purified *mākṣika bhasma*, ginger powder, *marica* powder, *pippalī* powder, *harītakī* powder, *svarjikṣāra*, *yavakṣāra*, rock salt, powder of lemon seeds, powder of *viṣa-muṣṭi*, powder of *citraka* root, purified *dhatturā* seeds powder, powder of *vatsanābha viṣa* and juice of *nirgunḍī* leaves.

Process of Drug-Making: Obtain the following materials in measure of 1 gm. each: purified *pārada*, purified *gandhaka*, purified *haritāla*, purified *mākṣika bhasma*, ginger powder, *marica* powder, *harītakī* powder, *svarjikṣāra* and *yavakṣāra*, rock salt, powder of lemon seeds, powder of *viṣa-muṣṭi* and powder of *citraka* root. Also obtain 2 gm. measure each of the purified *dhatturā* seeds powder and powder of *vatsanābha viṣa*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials. The preparation should be impregnated with juice of *nirgunḍī* leaves and dried under shade. Pills (*guṭikā*) of 250 mg. weights should be prepared.

Method of use/Administration: A drink of lukewarm water is suggested after taking the medicine.

Therapeutic benefits: This preparation is known as *Jvaramātañga Keśarī*. It is effective in *jvara* (fever), *vibandha* (constipation) and various other indispositions. In general it checks *doṣa prakopa* or *sanghaṭa*. It is also alleviating *amajīrna*, *kāmalā*, *pāṇḍu* and *udararoga*. It promotes digestive power and appetite

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(*vahnidiptikarī*) and checks abdominal diseases. The recipe is useful in *kāmalā* (jaundice) and *pāṇḍu* (anemia).

Jvaramātañga Keśarī has been expounded by Āchārya Lokanātha.

(*Rasrāj Sundara*)

ज्वरमुरारिरसः (रसमङ्गलोक्तः)–

शुद्धसूतं शुद्धगन्धं विषञ्च दरदं पृथक् । कर्षप्रमाणं कर्षार्द्धं लवङ्गं मरिचं पलम् ।।८८१।।
शुद्धं कनकबीजञ्च पलद्वयमितं तथा । त्रिवृता कर्षमेकन्तु भावयेद्दन्तिकाद्रवैः ।।८८२।।
सप्तधाचततः कार्या गुटी गुञ्जामिता शुभा । ज्वरमुरारिनामाऽयं रसो ज्वरकुलान्तकः ।।८८३।।
अत्यन्ताजीर्णपूर्णे च ज्वरे विष्टम्भसंयुते । सर्वाङ्गग्रहणे गुल्मे चामवातेऽम्लपित्तके ।।८८४।।
कासे श्वासे यक्ष्मरोगेऽप्युदरे सर्वसम्भवे । गृध्रस्यां सन्धिमज्जस्थे वाते शोथे च दुस्तरे ।।८८५।।
यकृति प्लीहरोगे च वातरोगे चिरोत्थिते । अष्टादशकुष्ठरोगे सिद्धो गहननिर्मितः ।।८८६।।

881-886.Jvaramurāri Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa* powder, purified *hiñgula*, clove powder, *marica* powder, *dhatturā* (purified) (seeds), *niśotha* powder and *dantī* roots.

Process of Drug-Making: Get the following materials: purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa* powder, purified *hiñgula* (each in measure of 10 gm.), clove powder (5 gm.), *marica* powder (40 gm.), *dhatturā* (purified) (seeds) (80 gm.) and *niśotha* powder (10 gm.).

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with *dantī* roots and triturate the compound. Pills of 190 mg. should be prepared, dried and packed in suitable container.

Therapeutic benefits: *Jvaramurāri Rasa* alleviates all types of fever and is useful in various diseases when taken with different *anupānas*. The recipe is affective in checking fever caused by *ajīrna* (indigestion) manifested due to aggravation of *doṣa*, constipation, immobility of body organs, abdominal lump, *āmavāta* (rheumatic arthritis), *rājayakṣmā*, *udararoga* caused by *tṛidoṣa*, *gṛidhrasī* (sciatica), seemingly incurable (*asādhya*) edema, enlargement of liver (*yakṛidvṛiddhi*), splenomagaly (*plīhāvṛiddhi*), chronic *vātavikāra*, anemia, jaundice, problems related to gastro intestinal tract and all types of *kuṣṭha roga*. This preparation has been evolved by Sri Gahana nātha.

(*Rasrāj Sundara*)

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ज्वरमुरारिः–

हिङ्गुलञ्च विषं व्योषं टङ्गणं नागराभया । जयपालसमायुक्तं सद्यो ज्वरनिवारणम् ।।८८७।।
सर्वचूर्णसमंजयपालचूर्णम् ।सर्वपिष्टवागुञ्जाप्रमाणवटिकाकार्या, आर्द्रकस्वरसेन पिबेत् ।।८८७।।

887. Jvaramurāri Rasa (second recipe):

Ingredients: Purified *hiñgula*, purified *viṣa*, dried ginger (*śunṭhī*), *marica*, *pippalī*, purified *tañkaṇa*, dried ginger, *harītakī* and *jayapāla* seeds.

Process of Drug-Making: Obtain in 1 part each of the purified *hiñgula*, purified *viṣa*, dried ginger (*śunṭhī*), *marica*, *pippalī*, purified *tañkaṇa*, dried ginger and *harītakī* (the dried ginger, as it is mentioned twice should be taken in two parts). The powder of these drugs should be mixed with powder of (purified) *jayapāla* seeds that is procured in quantity equal to the rest of the ingredients combined. Prepare a fine powder of the compound. Make pills of 125 mg. out of it.

Method of use/ Administration and Therapeutic benefits: *Jvaramurāri Rasa* is effective in doses of one pill with juice of fresh ginger in treatment of *Taruṇa jvara* (fever at initial stage).

(*Rasrāj Sundara*)

ज्वरकेशरी रसः–

शुद्धसूतं विषं व्योषं गन्धं त्रिफलमेव च । जयपालसमं कृत्वा भृङ्गतोयेन मर्दयेत् ।।८८८।।
गुञ्जामात्रावटी कार्या बलानां सर्षपाकृतिः । सितया च समं पीता पित्तज्वरविनाशिनी ।।८८९।।
मरिचेन प्रयुक्ता सा सन्निपातज्वरापहा । पिप्पलीजीरकाभ्याञ्च दाहज्वरविनाशिनी ।
ज्वरकेशरिनामाऽयं रसो ज्वरविनाशनः ।।८९०।।

888-890. Jvarakeśarī Rasa:

Ingredients: Purified *pārada*, purified *vatsanābha viṣa*, dried ginger, *marica*, *pippalī*, purified *gandhaka*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *jāyapāla* and juice of *bhṛingarāja*.

Process of Drug-Making: Obtain powders measuring 50 gm. each of purified *pārada*, purified *vatsanābha viṣa*, dried ginger, *marica*, *pippalī*, purified *gandhaka*, *haraḍa*, *vibhītaka* and *āmalakī*. Also take purified *jāyapāla* equivalent to the combined weight of all these materials. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Mortar these materials together along with juice of *bhṛingarāja* for one day and prepare pills in

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measurement of 125 mg. each. For children, the pills should be prepared similar to the size of mustard seeds.

Method of use/Administration: This pill should be taken after dissolving it in water along with sugar to get relief from *pitta jvara*. If the pill is taken along with pepper powder, it cures *sannipātik jvara* (*sannipātta*). The same can cure fever accompanied with burning sensation if taken along with powders of *pippalī* (375 mg.) and cumin seeds (3 gm.).

Therapeutic benefits: This medicine is known as *Jvarakeśarī* and it is very beneficial in cases of fever as suggested above.

(*Rasrāj Sundara*)

ज्वरभैरवो रसः–

त्रिकटु त्रिफला टङ्गं विषगन्धकपारदम् । जयपालञ्च संमर्द्य द्रोणपुष्पीरसैर्दिनम् ।।८९१।।
ताम्बूलेनसमंप्रातः खादेद् गुञ्जामितां वटीम् । मुद्गयूषं शिखरिणी पथ्यं देयं प्रयत्नतः ।।८९२।।
नवज्वरं त्रिदोषोत्थं जीर्णञ्च विषमज्वरम् । दिनैकेन निहन्त्याशु रसोऽयं ज्वरभैरवः ।।८९३।।

891-893. Jvara Bhairava Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tṛikaṭu* herbs (dried ginger, *marica*, *pippalī*), *tṛiphalā* herbs (*harītakī*, *vibhītakī*, *āmalakī*), purified *tañkaṇa*, purified *vatsanābha* (root), purified *pārada*, purified *gandhaka* and juice of *droṇapuṣpī*.

Process of Drug-Making : Take 50 gm. measure of the following materials: purified *pārada*, and purified *gandhaka*, *tṛikaṭu* herbs (dried ginger, *marica*, *pippalī*), *tṛiphalā* herbs (*harītakī*, *vibhītakī*, *āmalakī*), purified *tañkaṇa* (fruit part), purified *vatsanābha* (root), purified *pārada* (for *kajjalī* preparation), purified *gandhaka* (for *kajjalī* preparation).

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Mortar these materials together along with juice of *droṇapuṣpī* for one whole day and prepare pills in measurement of 125 mg. each. Dry the pills and keep them in a suitable container.

Method of use/ Administration and Therapeutic benefits: *Jvarabhairava Rasa* is to be taken in doses of 62 mg. or 125 mg. Take the medicine along with betel pouch in morning. As wholesome diet or regimen, pulse soup of *mudga* beans should be served to the patient. *Sikhariṇī*, a preparation of curd and sweet, is also useful for such patient.

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In this way, *Jvarabhairava Rasa* should be used in treatment of fever specifically the *navajvara* caused by *tṛidoṣa*, *jīrṇa jvara* and *viṣama jvara*. It is claimed that *Jvarabhairava Rasa* eradicates such fever within one day.

(*Rasrāj Sundara*)

विद्याधरो रसः–

रसो गन्धस्ताम्रं त्रिकटुकटुकाटङ्गणवरात्रिवृद्दन्तीहेमद्युमणिविषमेतत्सममितम् ।।
समस्तैस्तुल्यं स्याद्विमलजयपालोद्भवरजस्ततः स्नुक्क्षीरेण प्रगुणमृदितं दन्तिसलिलैः ।।८९४।।
द्विगुञ्जाऽस्यप्रौढंजयति वटिका साममखिलं ज्वरं पाण्डुं गुल्मं ग्रहणिगुदकीलोद्भवरुजः ।।
मरुच्छूलाजीर्णे प्रबलमपि सामं क्रिमिगदंविबन्धं प्लीहानं यकृतमपि विद्याधररसः ।।८९५।।

894-895. Vidyādhara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, dried ginger, *marica* (fruit), *pippalī* (fruit), *kaṭuka* (root), purified *tañkaṇa* (mineral), *harītakī* (fruit part), *vibhītakī* (fruit part), *āmalakī* (fruit part), *tṛivrita* (root), *dantī* (root), *dhatturā*-purified (seeds), *arka* (root), purified *vatsanābha* (root), purified *jayapāla* (seeds-powder), decoction of *dantī* roots and latex of *snuhī* plant.

Process of Drug-Making: Obtain the following materials in measure of 50 gm. each: purified *pārada*, purified *gandhaka*, *tāmra bhasma*, dried ginger, *marica* (fruit), *pippalī* (fruit), *kaṭuka* (root), purified *tañkaṇa* (mineral), *harītakī* (fruit part), *vibhītakī* (fruit part), *āmalakī* (fruit part), *tṛivṛit* (root), *dantī* (root), *dhatturā* purified (seeds), *arka* (root), purified *vatsanābha* (root) along with purified *jayapāla* (seeds-powder) (equal to the combined weight of the rest, i.e. 80 gm.).

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with decoction of *dantī* roots and latex of *snuhī* plant separately. Finally ground them properly and make pills measuring 125 mg.

Method of use/ Administration and Therapeutic benefits: *Vidyādhara Rasa* is to be taken in doses one or two pills with suitable *anupāna* for treatment of different ailing conditions such as *āmajvara*, *pāṇḍu*, *gulma*, *grahaṇī*, *guḍakīla* and its pain, *Vātikaśūla*, *āmajīrna*, *kṛimiroga*, *arśa*, *vibandha*, *plīhāvṛiddhi* and *yakṛidvṛiddhi*.

(*Rasendra Kāmdhenu*)

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पञ्चाननो रसः–

शम्भोः कण्ठविभूषणं समरिचं दैत्येन्द्ररक्तं रविः ।
पक्षौ सागरलोचनं शशियुगं भागोऽर्कसंख्यान्वितः ।।
खल्ले तत्परिमर्दितं रविजलैर्गुञ्जैकमात्रं ददेत् ।
सिंहोऽयं ज्वरदन्तिदर्पदलनः पञ्चाननाख्यो रसः ।।८९६।।
पथ्यञ्च देयं दधिमक्तकञ्च सिन्धूत्थपथ्यामधुना समेतम् ।
गन्धानुलेपो हिमतोयपानं दुग्धञ्च देयं शुभदाडिमञ्च ।।८९७।।

896-897. Pañcānana Rasa:

Ingredients: Purified *kṛiṣṇasarpa viṣa* (venom), *marica*, purified *gandhaka* (*locana*), purified *hiñgula* (*rakta-śaśi*), purified *tāmra bhasma* (*yūga*) and decoction of *arka* root.

Process of Drug-Making: Take the following materials: purified *kṛiṣṇasarpa viṣa* (venom 20 gm.), *marica* (40 gm.), purified *gandhaka* (30 gm.), purified *hiñgula* (*rakta-śaśi*) (10 gm.) and purified *tāmra bhasma* (20 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with decoction of *arka* root and get it triturated for whole day and subsequently allow the preparation to dry up.

Method of use/Administration: *Pañcānana Rasa* is effective for therapeutic use in doses of 125 mg. against fever. After taking this *rasa yoga*, the patient of fever should be given rock salt, *harītakī* and *madhu* (honey) as *anupāna*. When patient feels hungry, yogurt and cooked rice should be served to him. In order to check and pacify heat, the *kalka* of *candana*, *karpūra*, *keśara*, *kastūrī*, *kamalapatra*, etc. should be applied on different parts of body e.g. forehead, chest, arms and other suitable organs. For drinking, ice water, milk or chilled water with pieces of frozen ice into it should be given to patient. Juice of pomegranate is also beneficial for the patient.

Therapeutic benefits: *Pañcanana Rasa* is effective against fever. This recipe is just like *Pañcānan* or *simha* (lion) to counter elephants (like) of *jvara*.

(*Rasendra Kāmdhenu*)

चन्द्रशेखरो रसः–

शुद्धसूतं द्विधागन्धं मरिचं टङ्गणं तथा । चतुस्तुल्या सिता योज्या मत्स्यपित्तेन भावयेत् ।।८९८।।
त्रिदिनं मर्दयेत्तेन रसोऽयं चन्द्रशेखरः । द्विगुञ्जमार्द्रकद्रावैर्देयं शीतोदकं ह्यनु ।।८९९।।
तक्रभक्तञ्च वृन्ताकं पथ्यं तत्र प्रदापयेत् । त्रिदिनाच्छलेष्मपित्तोत्थमत्युग्रं नाशयेज्ज्वरम् ।।९००।।

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898-900. Candra Śekhara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *marica* powder, purified *tañkaṇa*, sugar and *matsya pitta* (*pitta* of fish).

Process of Drug-Making: Obtain purified *pārada* (10 gm.), purified *gandhaka* (10 gm.), *marica* powder (10 gm.), purified *tañkaṇa* (10 gm.), sugar (40 gm.) and *matsya pitta* (*pitta* of fish). First of all prepare *kajjali* out of purified *pārada* and purified *gandhaka*, and mix *marica* powder, purified *tañkaṇa* and sugar into it. Triturate the mix along with *matsya pitta* for three consecutive days. Dry the mix under sun and store it in a bottle. Prepare pills in measurement of 125 mg. each.

Method of use/Administration: It should be taken alongwith ginger juice and honey. After taking the pills one should drink cold water. Patient should be given buttermilk mixed in cooked rice along with vegetable of brinjal.

Therapeutic benefits: It cures severe cases of fever caused due to vitiated *kapha* and *pitta*.

(*Rasendra Cintāmani*)

अर्द्धनारीश्वरो रसः (नस्यः)–

रसगन्धामृतञ्चैव समं शुद्धञ्च टङ्कणम् । मर्दयेत् खल्लमध्ये तु यावत्स्यात्कज्जलप्रभम् ।।९०१।।
नकुलारिमुखे क्षिप्त्वा मृदा संवेष्टयेद्बहिः । स्थापयेन्मृन्मये पात्र ऊर्ध्वाधो लवणं क्षिपेत् ।।९०२।।
भाण्डवक्त्रंनिरुध्याथचतुर्यामंदृढाग्निना । स्वाङ्गशीतंसमुद्धृत्यखल्लेकृत्वातु कज्जलीम् ।।९०३।।
गुञ्जामात्रंप्रदातव्यं नस्यकर्मणि योजयेत् । वामभागे ज्वरं हन्ति तत्क्षणाल्लोककौतुकम् ।।९०४।।
कुर्याद्दक्षिणभागेन चारोग्यं निश्चितं भवेत् । गोप्याद् गोप्यतमं प्रोक्तं गोपनीयं प्रयत्नतः ।।९०५।।
अर्द्धनारीश्वरो नाम रसोऽयं कथितो भुवि ।।९०६।।

901-906. Ardhanārīśvara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka,* purified *vatsanābha chūrṇa* and purified *tañkaṇa*.

Process of Drug-Making: Take the purified *pārada*, purified *gandhaka,* purified *vatsanābha chūrṇa* and purified *tañkaṇa* (all in equal parts). The mixture of drugs in powder form should be put into the mouth of a black cobra while it is to be covered by mud and layers of cloth and the same is dried up. This packed snake should be put into an earthen vessel containing salt to its half space. Now mouth of earthen vessel is closed with *śarāva* (or lid-cover) by cloth and mud properly. It should be put on fire of high temperature for 12 hours. Lastly, vessel

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should be removed from fire and allowed to cool down on its own. Thereafter, remove the preparation along with the burnt snake mouth and triturate it in mortar till it takes colour of a *kajjalī*. Finally, the recipe should be filled in a suitable container.

Method of use/ Administration and Therapeutic benefits: *Ardhanārīśvara Rasa* is effective for administering through nostrils as nasal stuff. When it is inhaled through left nostril, it eliminates fever of right side of body promptly.

Ardhanariśvara Rasa is the most unique formulation.

(*Rasrāj Sundara*)

मृतसञ्जीवनो रसः–

हिङ्गुलभागाश्चत्वारो जैपालस्य त्रयो मताः । द्वौ भागौ टङ्कणस्यापि भागैकममृतस्य च ।।९०७।।
तत्सर्वं मर्दयेच्छ्लक्ष्णं शुष्कं यामं भिषग्वरः । शृङ्गबेराम्बुना मर्द्यं व्योषचित्रकसैन्धवैः ।।९०८।।
यामद्वयमतस्तापं हरत्येष न संशयः । घनसारेण सारेण चन्दनेन विलेपनम् ।।९०९।।
विदध्यात्कांस्यपात्रेण वीजयेद्रोगिणं भिषक् । शाल्यन्नं तक्रसहितं भोजयेदिन्दुसंयुतम् ।।९१०।।
सन्निपाते महाघोरे त्रिदोषे विषमज्वरे । आमवाते वातगुल्मे शूले प्लीह्नि जलोदरे ।।९११।।
शीतपूर्वे दाहपूर्वे विषमे सन्ततज्वरे । अग्निमान्द्ये च वाते प्रयोज्योऽयं रसोत्तमः ।।
मृतसञ्जीवनो नाम विख्यातो रससागरे ।।९१२।।

907-912. Mṛitasanjīvana Rasa:

Ingredients: Purified *hiñgula*, purified *jayapāla*, purified *tañkaṇa*, purified *amṛta* and juice of fresh ginger.

Process of Drug-Making: Get the following materials: purified *hiñgula* (40 gm.), purified *jayapāla* (30 gm.), purified *tañkaṇa* (20 gm.) and purified *amṛta* (*viṣa*) (10 gm.).

Impregnate the mix with juice of fresh ginger and get it triturated for three hours day. This mixture is finally dried up and packed in suitable container.

Method of use/Administration: The medicine is to be taken in doses of 125 mg., with *tṛikaṭu* herbs (dried ginger, *marica* and *pippalī*), *citraka* (root) and rock salt. It pacifies *santāpa* (burning temprature) caused by fever within six hours.

After administration of drugs, pasting the ointment of *karpūra*, *candana*, etc. is suggested. Old *ghṛitam* should be applied over feet and sole of the patient. The patient should be massaged with the help of bottom of bronze pot or vessel. He

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should be provided with air by hand-fan duly sprinkled with water. When patient feels hungry, cooked rice with buttermilk should be served to him.

Therapeutic benefits: *Mṛitasanjīvana Rasa* is a prominent entity in midst of ocean of the *Rasa* recipes. This formulation has been effective in treating *sannipātta jvara* of severe type, *tṛidoṣaja* and *viṣamajvara*, *āmavāta*, *vātaja gulma*, *śūla*, *plīhāvṛiddhi* and *jalodara* as well as fever caused by *vāta*, *pitta* and *kapha*, malarial and periodic fevers, rheumatic arthritis, abdominal lump, colic problems and splenomegaly. It is similarly useful in various types of fever showing rise of temperature with cold shivering and burning sensation, in *santatajvara* and also in *agnimāndya* (deficient gastric powder or *agni*) and *vātika rogas*.

रसराजः–

भागैकं रसराजस्य भागश्च हेममाक्षिकात् । भागद्वयं शिलायाश्च गन्धकस्य त्रयो मताः ।।९१३।।
तालकाष्टादशभागाःशुल्बंस्याद्भागपञ्चकम् । भल्लातकात्त्रयोभागाःसर्वमेकत्र चूर्णयेत् ।।९१४।।
वज्रीक्षीरप्लुतं कृत्वा दृढे मृन्मयभाजने । निधाय सुदृढां मुद्रां पचेद्यामचतुष्टयम् ।।९१५।।
स्वाङ्गशीतं समुद्धृत्य खल्लयेत् सुदृढं पुनः । गुञ्जाचतुष्टयञ्चास्य पर्णखण्डेन दापयेत् ।।९१६।।
रसराजः प्रसिद्धोऽयं ज्वरमष्टविधं जयेत् ।।९१७।।

913-917. Rasa Rāja:

Ingredients: Purified *pārada*, *svarṇamākṣika bhasma*, purified *manahśilā*, purified *gandhaka*, purified *haratāla*, purified *tāmra-bhasma*, purified *bhallātaka* and latex of *snuhī*.

Process of Drug-Making: Take the ingredients in the following measerements: purified *pārada* (10 gm.), *svarṇamākṣika bhasma* (10 gm.), purified *manahśilā* (20 gm.), purified *gandhaka* (30 gm.), purified *haratāla* (180 gm.), purified *tāmra-bhasma* (50 gm.), purified *bhallātaka* (30 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with latex of *snuhī* and get it triturated. This mixture of drugs should be filled in strong earthen vessel, and its mouth should be closed by *śarāva* (cover or lid) which is to be jointed with mud treated cloth strips. This container should be put on fire for heating or *pāka* for 12 hours. Lastly, drug content should be taken out when the vessel, after heating, gets cool on its own and the preparation is mortared well into a powder.

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Method of use/Administration: This *Rasayoga* is to be used in doses of 500 mg. with betel leaves.

Therapeutic benefits: The drug, famous as *Rasaraja Rasa*, alleviates eight types of fever.

मुद्रोद्घाटको रसः–

पारदो गन्धकश्चैव त्रिक्षारं लवणत्रयम् । गुग्गुलुर्वत्सनाभश्च प्रत्येकन्तु द्विमाषकम् ।।९१८।।
कृष्णोन्मत्तजटानीरै र्भावयेत्सप्तवारकम् । गोक्षुरेन्द्रकमारीषं करञ्जचित्रतेजिका ।।९१९।।
भूकुरबकलताभिश्च त्रिफलाबृहतीरसैः । मदिता वटिका कार्या कृष्णलाफलसन्निभा ।।९२०।।
ततो वटीद्वयं दत्त्वा यत्नैः पाट्यादिभिर्वृतः । रसः सर्वज्वरं हन्ति क्षणमात्रान्न संशयः ।।९२१।।

918-921. Mudroddhāṭaka Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *svarjika kṣāra*, *tañkaṇakṣāra*, *yavakṣāra*, *tṛilavaṇa*, *guggulu*, *vatsanābha* powder, *dhatturā* (root), *gokṣura* (fruit), *indrayava* (seeds), *mariṣa* (herb), *karañja* (leaves), *citraka* (root), *jyotiṣmatī* (seeds), *bhūkuruvakalatā* (*pītajhinṭī*) (herb), *tṛiphalā* herbs (*harītakī*, *vibhītaka* and *āmalakī*) and *bṛihat kañṭakārī*.

Process of Drug-Making: Obtain the following materials each measuring 10 gm. each: purified *pārada*, purified *gandhaka*, *svarjika kṣāra*, *tañkaṇakṣāra*, *yavakṣāra*, *tṛilavaṇa*, *guggulu*, *vatsanābha* powder.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. For seven consecutive days impregnate the drug using the decoction of the each of following separatelyand in sequence: *dhatturā* (root), *gokṣura* (fruit), *indrayava* (seeds), *mariṣa* (herb), *karañja* (leaves), *citraka* (root), *jyotiṣmatī* (seeds), *bhūkuruvakalatā* (*pītajhinṭī*) (herb), *tṛiphalā* herbs (*harītakī*, *vibhītaka* and *āmalakī*) and *bṛihat kañṭakārī*.

Finally, prepare pills of 125 mg. weight each and get them dried up. These pills are packed in suitable container.

Method of use/Administration: Two pills are to be given to patient who should be covered with woolens or heavy cloths and suggested for sleeping. As a result he would sweat profusely and his fever would be removed.

(*Rasrāj Sundara*)

शीतारिरसः–

पारदं गन्धकं टङ्गं शुल्बं चूर्णं समं समम् । पारदाद् द्विगुणं देयं जैपालं तुषवर्जितम् ।।९२२।।

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सैन्धवं मरिचं चिञ्चात्वग्भस्म शर्कराऽपि च । प्रत्येकं सूततुल्यं स्थाज्जम्बीरैर्मर्दयेद्दिनम् ।।९२३।।
द्विगुञ्जं तप्ततोयेन वातश्लेष्मज्वरापहः । रसः शीतारिनामाऽयं शीतज्वरहरः परः ।।९२४।।

922-924. Śītāri Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, *tāmra bhasma*, purified *jayapāla*, rock salt, *marica cūrṇa*, *cincāphala*, *tvag bhasma*, *śarkara*, *jayapāla* seeds and *jambīra* fruit juice.

Process of Drug-Making: Take purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, *tāmra bhasma* and purified *jayapāla*, rocksalt, *marica cūrṇa*, *cincāphala*, *tvag bhasma* and *śarkara* all in equal quantity (10 gm. each) and *jayapāla* seeds in 20 gm. measure. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with *jambīra* juice and get it triturated. Pills measuring 125 mg. each are prepared, dried and packed in suitable container.

Method of use/ Administration and Therapeutic benefits: *Śītāri Rasa* pills are to be taken along with lukewarm water in treatment of fever. It is an effective treatment in indisposition of *vātaśleṣmikajvara* (fever caused by aggravated *vāta* and *kapha*).

(*Ras Manjirī*)

पर्णखण्डेश्वरः–
समांशं मर्दयेत्खल्ले रसं गन्धं शिलां विषम् । निर्गुण्डीस्वरसैर्भाव्यं त्रिवारं चार्द्रकद्रवैः ।।
गुञ्जैकं भक्षयेत् पर्णैर्ज्वरं हन्ति महाद्भुतम् ।।९२५।।

925. Parṇakhaṇḍeśavara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *manahśilā*, purified *vatsanābha* (root powder), *nirgunḍī Svarasa* (juice) and juice of ginger.

Process of Drug-Making: Get equal parts (i.e. 50 gm. each) of the following materials: purified *pārada*, purified *gandhaka*, purified *manahśilā* and purified *vatsanābha* (root powder). Preparing *kajjalī* of *pārada* and *gandhaka* mix other two ingredients into it. Impregnate and triturate the compound by adding to it *nirgunḍī Svarasa* (juice) for three consecutive times. Repeat this process thrice using the juice of ginger. When the medicine is dried up, store it properly.

Method of use/Administration: *Parṇakhaṇḍeśavara Rasa* is given in doses of 125 mg., by keeping it in chewing betel pouch for alleviating the fever.

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शीतभञ्जी रसः–

पारदं रसकं तालं तुत्थं टङ्गणगन्धकम् । सर्वमेतत्समं शुद्धं कारवेल्लीरसैर्दिनम् ।।९२६।।
मर्दयेत्तेन कल्केन लिम्पेत् ताम्रदलोदरम् । अङ्गुल्यर्द्धर्द्धिमानेन तं पचेत्सिकताह्वये ।।९२७।।
यन्त्रे यावत्स्फुटन्त्येव व्रीहयस्तस्य पृष्ठतः । ताम्रपत्रं समुद्धृत्य चूर्णयेन्मरिचैः सह ।।९२८।।
शीतभञ्जी रसो नाम द्विगुञ्जो वातिके ज्वरे । दातव्यः पर्णखण्डेन मुहूर्त्तान्नाशयेज्ज्वरम् ।।९२९।।

926-929. Śītabhanjī Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *kharpara*, purified *haratāla bhasma*, purified *tuttha*, purified *tañkaṇa*, juice of *kāravellaka* leaves and *marica*.

Process of Drug-Making: Take the following materials in equal parts (i.e. 25 gm. each) purified *pārada*, purified *gandhaka*, purified *kharpara*, purified *haratāla bhasma*, purified *tuttha* and purified *tañkaṇa*. First of all prepare *Kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with juice of *kāravellaka* leaves and get it ground into a *kalka*. Now, copper flakes in detoxified state should be fully covered with the above *kalka* [it should be a thick layers i.e. half finger (*angula*) measure on *tāmra pātra*, i.e. flakes]. These plates or flakes pasted with medicinal content should be kept in a *śarāva saṁpuṭa* that is settled in *Balukā Yañtra*. The mouth of *Bālukā Yañtra* should be closed and fully covered by a *śarāva* which is filled with paddy. The heating of *Bālukā Yañtra* should continue till the paddy grains get parched and fried (fire should be stopped or *Bālukā Yañtra* be removed as soon as paddy becomes fried). *Bālukā Yañtra* in heat should be allowed to get cool down on its own to the atmospheric temperature. Open the apparatus and remove out the *tāmra pātra* processed (in *Bālukā Yañtra*) and get them triturated with powder of *marica* (equivalent to the combined weight of the rest) into a fine powder.

Method of use/Administration: *Śītabhanjī Rasa* should be taken along with chewing betel, in doses of 250 mg. It effects instantaneously for lowering down the temperature or *jvara* attack.

(*Ras Manjirī*)

स्वल्पज्वराङ्कुशो रसः–

रसस्य द्विगुणं गन्धं गन्धतुल्यन्तु टङ्गणम् । रसतुल्यं विषं योज्यं मरिचं पञ्चधा विषात् ।।९३०।।
कट्फलं दन्तिबीजञ्च प्रत्येकं मरिचोन्मितम् । ज्वराङ्कुशो रसो नाम मर्दयेद्याममात्रकम् ।।९३१।।
माषैकेण निहन्त्याशु ज्वरं जीर्णं त्रिदोषजम् ।।९३२।।

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930-932. Jvarānkuśa Rasa (initial formula):

Ingredients: Purified *pārada*, purified *gandhaka*, purified borax, *vatsanābha* and powders of *marica*, *kaṭphala* and purified *jāyapāla*.

Process of Drug-Making: Take purified *pārada* (12 gm.), purified *gandhaka* (24 gm.), purified borax (24 gm.), *vatsanābha* (12 gm.) and 60 gm. each the powders of *marica*, *kaṭphala* and purified *jātīphala*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Finely mortar the compound.

Method of use/Administration: Consume this medicine in doses of 1 gm. (i.e. 125 mg.).

Therapeutic benefits: This medicine is a great cure for fever caused due to disordered *doṣas* and it also checks indigestion.

(*Rasendra Cintāmani*)

ज्वराङ्कुशो रसः (प्रथमः)–

तात्रतो द्विगुणं तालं मर्दयेत्सुषवीद्रवैः । प्रपुटेद् भूधरे शीते वज्रीक्षीरेण मर्दयेद् ।।९३३।।
प्रपुटेद् भूधरे पश्चाद् गुञ्जार्धप्रमितं भजेत् । आर्द्रकस्य रसेनैव सर्वज्वरनिकृन्तनः ।।९३४।।
ऐकाहिकंद्व्याहिकञ्चत्र्याहिकंचतुराहिकम् । विषमञ्चापिशीताढ्यं ज्वरं हन्ति ज्वराङ्कुशः ।।९३५।।

933-935. Jvarānkuśu Rasa (first formula):

Ingredients: *Tāmrabhasma*, purified *haratāla*, *kāravellaka* (leaves) juice and *snuhī* latex.

Process of Drug-Making: *Tāmrabhasma* (50 gm.) and purified *haratāla* (100 gm.) are triturated and impregnated with *kāravellaka* (leaves) juice. It is processed and heated in *Bhūdara Yañtra*. When it cools down naturally, the drug material is taken out and impregnated with *snuhī* latex. The same is again processed in *Bhūdara Yañtra*. Finally the medicine is taken out and triturated.

Jvarānkuśa Rasa is, thus, prepared with combination of two drug ingredients viz. *tāmrabhasma* and *haratāla bhasma*, which is twice processed (heated) through *Bhūdara Yañtra*.

Method of use/Administration: The medicine in doses of 60 mg. has to be taken with juice of fresh ginger for alleviating all types of fever.

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Therapeutic benefits: It is specifically considered to be useful in treatment of *viṣama jvara* and its types like the *ekāhikā*, *dvayāhika*, *trayāhika*, *caturthikā* and fever with shivering.

(*Rasendra Cintāmani*)

ज्वराङ्कशो रसः (द्वितीयः)–

शुद्धसूतंविषं गन्धं धूर्त्तबीजं त्रिभिः समम् । चतुर्णां द्विगुणं व्योषं चूर्णं गुञ्जाद्वयं हितम् ।।९३६।।
जम्बीरस्यचमज्जाभिरार्द्रकस्यरसैर्युतम् । ज्वराङ्कशोरसोनाम्नाज्वरान् सर्वान् प्रणाशयेत् ।।९१७।।
ऐकाहिकंद्व्याहिकञ्चत्र्याहिकञ्च चतुर्थकम् । विषमञ्च त्रिदोषोत्थं हन्ति सद्यो न संशयः ।।९३८।।

936-938. Jvarānkuśa Rasa (second formula):

Ingredients: Purified *pārada*, purified *vatsanābha*, purified *gandhaka*, purified *dhatturā* seeds and *tṛikaṭu* herbs (*marica*, dried ginger and *pippalī*).

Process of Drug-Making: Obtain 12 gm. measure each of the purified *pārada*, purified *vatsanābha* and purified *gandhaka*, 36 gm. f purified *dhatturā* seeds and 144 gm. of the *tṛikaṭu* herbs (*marica*, dried ginger and *pippalī*, each taken in equal quantities). First of all prepare *Kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Ground the preparation thoroughly. This fine powder is to be preserved and packed in suitable container.

Method of use/Administration: Take this medicine in doses of 250mg. each along with pulp of lemon seeds and juice of ginger.

Therapeutic benefits: It removes *ekāhikā*, *dvayāhikà*, *trayāhika*, *caturthikā*, *viṣama* and *tṛidoṣaja* fevers.

(*Rasendra Sār Sangraha*)

ज्वराङ्कुशरसः (तृतीयः)–

मरिचं टङ्गणं शङ्खचूर्णं पारदगन्धकम् । शोधितं ब्रह्मपुत्रञ्च भागमेकं विनिक्षिपेत् ।।९३९।।
गुञ्जाऽर्द्धञ्च प्रदातव्यं नागवल्लीदलैः सह । ज्वराङ्कुशो रसो ह्येष ज्वरमष्टविधं जयेत् ।।९४०।।

939-940. Jvarānkuśa Rasa (third formula):

Ingredients: *Marica*, purified *tañkaṇa*, *śankha* powder, purified *pārada*, purified *gandhaka* and purified *brahmaputra* or purified *vatsanābha* (as a substitute of *brahmaputra viṣa*).

Process of Drug-Making: Take equal parts (i.e. 50 gm. each) of the each of the above ingredients. After preparing *kajjalī* of *pārada* and *gandhaka* other four

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drugs are also ground and mixed properly with *kajjalī*. Subsequently, the medicine is kept safely in suitable container.

Method of use/Administration: *Jvarānkuśa Rasa* is to be taken in doses of 60 mg. with chewing betel pack.

Therapeutic benefits: This *rasayoga* alleviates eight types of fever.

ज्वराङ्कुशरसः (मध्यमः)–

शुद्धसूतं तथा गन्धं कर्षमात्रं नयेद् बुधः । महौषधं टङ्कणञ्च हरितालं तथा विषम् ।।९४१।।
रसार्द्धं मर्दयेत् खल्ले भृङ्गराजरसेन तु । त्रिदिनं भावनां दत्त्वा चतुर्थे वटिकां ततः ।।९४२।।
कुर्याच्चणकमात्राञ्च पिप्पली मधुसंयुतः । मध्यज्वराङ्कुशो नाम विषमज्वरनाशनः ।।९४३।।

941-943. Jvarānkuśa Rasa (middle level formula):

Ingredients: Purified *pārada*, purified *gandhaka*, dried ginger (powder), purified *tañkaṇa*, purified *haratāla*, purified *vatsanābha* (root) (powder) and juice of *bhṛingarāja*.

Process of Drug-Making: Obtain the above ingredients in the following measures: purified *pārada* (12 gm.), purified *gandhaka* (12 gm.), dried ginger (powder 6 gm.), purified *tañkaṇa* (6 gm.), purified *haratāla* (6 gm.) and purified *vatsanābha* (root) (powder 6 gm.). First of all, *kajjalī* of *pārada* and *gandhaka* is prepared. Then, rest of the four drugs is mixed into the *kajjalī*. The mixture is subsequently ground into a fine powder. Subsequently, it is impregnated by juice of *bhṛingarāja* and triturated for three days. On fourth day, pills of gram-size should be made out of the preparation and packed in suitable container.

Method of use/ Administration and Therapeutic benefits: *Jvarānkuśa Rasa* is to be taken in doses of 125 mg. with *pippalī cūrṇa* and honey, in the treatment of *viṣamajvara*.

(*Rasendra Sār Sangraha*)

सर्वज्वराङ्कुशवटी–

शुद्धसूतं तथा गन्धं मरिचं नागरं कणा । त्वचं जैपालकं कुष्ठं भूनिम्बं मुस्तकं पृथक् ।।९४४।।
चूर्णयित्वासमांशन्तुकज्जल्यासहमेलयेत् । निर्गुण्ड्याःस्वरसे चापि आर्द्रकस्वरसे तथा ।।९४५।।
भावनांदापयित्वा तु वटिकां कारयेद्भिषक । वटिकां भक्षयित्वा तु वस्त्रवेष्टञ्च कारयेत् ।।९४६।।
सर्वज्वराङ्कुशवटी सर्वज्वरविनाशिनी । पृथग्दोषांश्च विविधान् समस्तान् विषमज्वरान् ।।९४७।।
प्राकृतं वैकृतं वाऽपि वातश्लेष्मकृतञ्च यत् । अन्तर्गतं बहिःस्थञ्च निरामं साममेव वा ।
ज्वरमष्टविधं हन्ति वृक्षमिन्द्राशनिर्यथा ।।९४८।।

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944-948. *Sarvajvarānkuśa Vaṭī:*

Ingredients: Purified *pārada*, purified *gandhaka*, *marica*, dried ginger, *pippalī*, *tvak*, purified *jayapāla*, *kuṣṭha*, *kirātatikta*, *mustaka* and juices of *nirgundī* and ginger.

Process of Drug-Making: Take the following materials each in 12 gm. measure: purified *pārada*, purified *gandhaka*, *marica*, dried ginger, *pippalī*, *tvak*, purified *jayapāla*, *kuṣṭha*, *kirātatikta* and *mustaka*. The preparation of *kajjalī* is made as usual by combining *pārada* and *gandhaka* and rest of the ingredients is ground with it into a fine powder. The compound is subsequently impregnated by juice of *nirgundī* and ginger in sequence. After triturating the mix well, the pills measuring 250 mg. each are prepared, dried and packed suitably.

Therapeutic benefits: *Sarvajvarānkuśa Vaṭī* alleviates all types of fever. It is prescribed for treatment of *vātika*, *paittika*, *ślaiṣmika jvara*, *sannipātika*, *viṣāmajvara*, *prakrtika*, *vaikṛitika*, *vātaśleṣma*, *prakopa janya*, *antarvega*, *bahirvega*, *nirāma* and *sāma jvara*.

ज्वराङ्कुशः (बृहत्)–

पारदं गन्धकं ताम्रं हिङ्गुलं तालमेव च । लोहं वङ्गं माक्षिकञ्च खर्परञ्च मनःशिला ।।९४९।।
स्वर्णमभ्रं गैरिकञ्च टङ्गणं रूप्यमेव च । सर्वाण्येतानि तुल्यानि चूर्णयित्वा विभावयेत् ।।९५०।।
जम्बीरतुलसीचित्रविजयातिन्तिडीरसैः । एभिर्दिनत्रयं रौद्रे निर्जने खल्लगह्वरे ।।९५१।।
चणमात्रां वटीं कृत्वा छायाशुष्कान्तु कारयेत् । महाग्निजननी चैषा सर्वज्वरविनाशिनी ।।९५२।।
एकजं द्वन्द्वजञ्चैव चिरकालसमुद्भवम् । ऐकाहिकं द्व्याहिकञ्च त्रिदोषप्रभवं ज्वरम् ।।९५३।।
चातुर्थकंतथाऽत्युग्रं जलदोषसमुद्भवम् । सर्वाञ् ज्वरान्निहन्त्याशु भास्करस्तिमिरं यथा ।।९५४।।
नातः परतरं किञ्चिज्ज्वरनाशाय भेषजम् । बृहज्ज्वराङ्कुशो नाम रसोऽयं मुनिभाषितः ।।९५५।।

949-955. *Jvarānkuśa Rasa (major formula):*

Ingredients: Purified *pārada*, purified *gandhaka*, purified *tāmra* (*bhasma*), purified *hiñgula*, purified *haratāla*, *lauha bhasma*, *vangabhasma*, *svarṇamākṣika bhasma*, purified *kharpara*, purified *manahśilā*, *svarṇa bhasma*, *abhraka bhasma*, purified *svarṇa gairika*, purified *tañkaṇa*, *rajata bhasma*, *jambīra* (*nimbuka*) (fruit) (juice), *tulasī* (leaves), *citraka* (root), *vijayā* (leaves) and *cincā* (fruit).

Process of Drug-Making: Obtain the following materials in equal quantity (i.e. 10 gm. each): purified *pārada*, purified *gandhaka*, purified *tāmra* (*bhasma*), purified *hiñgula*, purified *haratāla*, *lauha bhasma*, *vangabhasma*, *svarṇamākṣika*

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bhasma, purified *kharpara*, purified *manahśilā*, *svarṇa bhasma*, *abhraka bhasma*, purified *svarṇa gairika*, purified *tañkaṇa* and *rajata bhasma*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Get the mix impregnated by all the following five liquids in sequence and individually thrice, in bright sunlight: *jambīra* (*nimbuka*) (fruit) (juice), *tulasī* (leaves) (juice), *citraka* (root) (decoction), *vijayā* (leaves) (juice) and *cinca* (fruit) (juice). Make pills of gram size out of the preparation. Dry and pack them in suitable container.

Therapeutic benefits: *Bṛihajjvarānkuśa Vaṭī* promotes digestive power or appetitie and it alleviates all types of fever. It specifically alleviates *ekdoṣaja* and *jaladoṣaja jvara*. This formulation, expounded by sages and famous as '*Bṛihajjvarānkuśa*', eradicates all types of fever similar to the sun eliminating darkness.

(*Rasendra Sār Sangraha*)

महाज्वराङ्कुशः–

पारदं हिङ्गुलं ताम्रं माक्षिकं तुत्थमेव च । वङ्गं मृतं च गन्धं च खर्परं च मनःशिला ।।९५६।।
तालकं घनपाषाणं गैरिकं टङ्कणं तथा । दन्तीबीजानि सर्वाणि चर्णयित्वा विभावयेत् ।।९५७।।
भावना पूर्ववद् देया वटीं कुर्याच्च पूर्ववत् । महाज्वराङ्कुशो नाम रसोऽयं परमोत्तमः ।।९५८।।
विषमज्वरनाशाय मुनिभिः परिभाषितः ।।९५९।।

956-959. Mahājvarānkuśa Rasa:

Ingredients: Purified *pārada*, purified *hiñgula*, purified *tāmra bhasma*, purified *svarṇamākṣika bhasma*, purified *tuttha*, purified *vangabhasma*, purified *gandhaka*, purified *kharpara*, purified *manahśilā*, purified *haritāla bhasma*, purified *ghanapasana*, purified *gairika*, purified *tañkaṇa* and purified *dantībīja*.

Process of Drug-Making: Take equal parts of the following materials: purified *pārada*, purified *hiñgula*, purified *tāmra bhasma*, purified *svarṇamākṣika bhasma*, purified *tuttha*, purified *vangabhasma*, purified *gandhaka*, purified *kharpara*, purified *manahśilā*, purified *haritāla bhasma*, purified *ghanapasana*, purified *gairika*, purified *tañkaṇa* and purified *dantībīja*. After preparing *kajjalī* out of the *pārada* and *gandhaka*, mix into it all the remaining drugs and ground them together. The impregnation process is subsequently followed in accordance to procedure adopted in the course of preparing *Bṛihajjvarānkuśa Rasa* above. Pills are made, dried and kept in suitable container.

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Therapeutic benefits: *Mahājvarānkuśa Rasa* is very effective in the treatment of *viṣamajvara*.

(*Rasendra Sār Sangraha*)

ज्वराङ्कुशरसः (रविसुन्दराख्यः)–

द्विभागतालेन हतं च ताम्रं रसस्ततोऽर्द्धो वलिमीनमायू ।
विषं पृथक् सूतसमानि कृत्वा त्रिःसप्तरात्रेण दिवाकरांशैः ।।९६०।।
विमर्द्य रिष्टस्वरसेन चूर्णं गुञ्जैकमात्रं सितया समेतम् ।
ज्वराङ्कुशोऽयं रविसुन्दराख्योज्वरान्निहन्त्यष्टविधान् समग्रान् ।।९६१।।

960-961. Jvarānkuśa Rasa (Ravi Sundara variety):

Ingredients: Purified *haratāla*, *tāmra bhasma*, *pārada*, *pitta* of fish, purified *vatsanābha*, purified *gandhaka*, combined with and juice of *jambīra* (*nimbuka*).

Process of Drug-Making: Get 12 gm. measure of the purified *pārada*, purified *gandhaka*, *pitta* of fish and purified *vatsanābha* along with 96 gm. of *tāmra bhasma* combined with *haratāla*. After preparing *kajjalī* of *pārada* and *gandhaka* mix all the component drugs together and ground them well. It is, then, impregnated with juice of *jambīra* (*nimbuka*) for 21 times in sunlight. Get it triturated.

Method of use/ Administration and Therapeutic benefits: *Ravisundarākhya Jvarankuśa Rasa* is used with sugar, in treatment of eight types of fever in doses of 125 mg.

(*Bhāvaprakāśa*)

रत्नगिरिरसः–

मनःशिलाटङ्कणहिङ्गुलानि शुद्धानि जातीफलसंयुत्तानि ।
लवङ्गमेतत्सकलं समानं नीत्वाऽतिसूक्ष्मं च रजो विदध्यात् ।।९६२।।
ततस्तुलस्यार्द्रकसूर्यभक्तारसैः पृथक् साधुतया त्रिवारम् ।
विभावयेद्वैद्यवरोऽथरक्त्युन्मिता वटीश्चारु प्रकल्पयेच्च ।।९६३।।
अयं रसो रत्नगिरीत्यभिख्योऽनुपानभेदेन निहन्ति नूनम् ।
वातोद्भवंश्लेष्मभवच मंथरा-भिधं ज्वरं चांत्रिकनामकं वा ।।९६४।।
विशेषरूपाद्विषमज्वर तथा मरुद्बलासोद्भवसर्वरोगान् ।
इतिप्रकामंसुपरीक्षितं भिषग्वरैर्विधेयोन ततोऽत्रसंशयः ।।९६४।।

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962-965. Ratnagiri Rasa:

Ingredients: Purified *manahśilā*, purified *tañkaṇa*, purified *hiñgula*, *jātīphala* (fruit), *lavanga* (bud), juices of *tulasī*, ginger and *sūryabhaktā*.

Process of Drug-Making: Get equal parts of the following materials: purified *manahśilā*, purified *tañkaṇa*, purified *hiñgula*, *jātīphala* (fruit) and *lavanga* (bud).

All the mineral and plant drugs should be ground together. Subsequently, the impregnation process is carried out by adding juices of *tulasī*, ginger and *sūryabhaktā* separately. Make pills in doses of 125 mg. each.

Therapeutic benefits: Taken with different *anupānas*, the *Ratnagiri Rasa* is useful specifically in fevers like the *viṣamajvara*, *vātaja*, *kaphaja*, *manthara*, *antṛikajvara*, and others.

(*Bhāvaprakāśa*)

ब्राह्मी वटी–

पञ्चकर्षात्मकं ब्राह्मीपत्रं कर्षद्वयात्मकम् । उत्तमं स्वर्णसिन्दूरं गृह्णीयात् कुशलो भिषक् ।।९६६।।
मृतं वङ्गं तथैवाभ्रं विशुद्धं च शिलाजतु । मरिचं पिप्पली चैव विडङ्गं कर्षमात्रकम् ।।९६७।।
अर्द्धकर्षोन्मिताशुद्धा कस्तूरी यत्नतो बुधैः । सर्वमेकत्र संयोज्यं भाव्यं चैव त्रिवारकम् ।।९६८।।
ब्राह्मीरसेनवाशीतकषायेण यथाविधि । ततो द्विरक्तिप्रमिताः प्रकल्प्या वटिकाः शुभाः ।।९६९।।
तस्याः प्रयोगतो दोषानुसारेणानुपानतः । ज्वरोत्तरसमुद्भूतं दौर्बल्यं चानवज्वरः ।।९७०।।
प्रलापकोमन्थरकोज्वरोऽन्येऽपिचयेज्वराः । मस्तिष्कस्यहृदश्चापिदौर्बल्यं सूतिकाज्वरः ।।९७१।।
मरुद्बलासप्रधान्यसंनिपातसमुद्भवाः । तेषु सर्वेषु दोषाणां पाचनेन फलं शुभम् ।।९७२।।

966-972. Brāhmī Vaṭī:

Ingredients: *Brāhmī* (leaves), *suvarṇa sindūra*, *vanga bhasma*, *abhraka bhasma*, purified *śilājatu*, *marica*, *pippalī*, *viḍanga* and *kastūrī*.

Process of Drug-Making: Obtain the ingredients in the following measures: *brāhmī* (leaves) (50 gm.), *suvarṇa sindūra* (20 gm.), *vanga bhasma* (20 gm.), *abhraka bhasma* (20 gm.), purified *śilājātu* (10 gm.), *marica* (10 gm.), *pippalī* (10 gm.), *viḍanga* (10 gm.) and *kastūrī* (5 gm.). Mix all the materials together and get the mix impregnated by juice of *brāhmī* leaves and triturate the preparation thrice. Make pills of 250 mg. each.

Therapeutic benefits: *Brāhmī Vaṭī* is effective in debility caused by prolonged fever, *jīrṇa jvara*, debility of heart and brain, *navajvara*, *jvara* occuring during delivery, *pralāpaka jvara*, *manthara jvara* and other types of fever particularly *sannipātta jvara* caused by aggravated *vāta* and *kapha doṣas*.

(*Bhāvaprakāśa*)

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विषमज्वरघ्नी वटी–

शुद्धंशंवलनामकंविषमथोसंशोधितं हिङ्गुलु ग्राह्यं चोषणचूर्णमेव निखिलं तुल्यं भिषग्भूषणैः ।
तच्चैकत्रविधायसाधुतुलसीपत्रोद्भवेनामृतायाद्रावेणंचपञ्चधाऽपिविधिवद्भाव्यं पृथग्यत्नतः ।।९७३।।
गुञ्जाऽर्द्धप्रमितास्ततःसुवटिकाःसंपादनीयाअपिधाना
नागरवारिवाहजलयुकशाण्डिल्यसिद्धाम्बुना।
किंवागव्यपयोऽनुपानसहितादेयाःसदारुग्युतायैकद्वित्रिचतुर्दिनप्रकटितानानाविधास्तुज्वराः।।९७४।।
वैषम्यंसमुपाश्रिताअपिलयंसंप्राप्नुयुः सत्वरंकिं चैषा विषमज्वरघ्न्यभिधया ख्याता वटी दृश्यते ।
जीर्णेचश्वसनेतथैवकसनेलाभप्रदाप्रायशोलोकेऽभ्यासवशान्नसंशयइहाकल्प्यःकथंचिद्बुधैः ।।९।।

973-975. Viṣamajvaraghnī Vaṭī:

Ingredients: Purified *śanvala* (arsenic), purified *hiñgula*, *marica* (fruits of black pepper), juice or (decoction) of *tulasī* leaves and *guḍūcī* leaves.

Process of Drug-Making: Get the purified *śanvala* (arsenic), purified *hiñgula* and *marica* (fruits of black pepper) in equal parts. Ground them into fine powder. Subsequently get the compound impregnated by each of the juice or (decoction) of *tulasī* leaves and juice or (decoction) of *guḍūcī* leaves for five times separately. Prepare pills measuring 62 mg. each.

Method of use/ Administration and Therapeutic benefits: Taken twice or thrice in a day along with cow-milk or the decoction of *Dhānya Pañcaka* herbs (consisting *dhānyaka*, dried ginger, *nāgaramustaka*, *sugandhabālā* and *bilva* bark) these pills relieve fever and cures it completely. The medicine is also very useful to treat cases of pulmonary bronchitis, asthma and the like.

रत्नाप्रभा वटी–

हेमायस्कान्तवैक्रान्तखर्परायांसि विद्रुमम् । मुक्ताञ्चैकत्र सम्मर्द्य दार्वीक्वाथेन सप्तधा ।।९७६।।
भावयित्वा वटीं कुर्याद्रक्तिकाप्रतिमां भिषक् । एषा रत्नप्रभा नाम वटी सततकं हरेत् ।।९७७।।
प्लीहानं वह्निमान्द्यञ्च कामलां यकृदामयम् । स्नायुशूलं महाघोरं केशरी करिणं यथा ।।९७८।।

976-978. Ratnaprabhā Vaṭī:

Ingredients: *Svarṇa bhasma*, *kāntalauha bhasma*, *vaikrānta bhasma*, purified *kharpara*, *tīkṣṇa lauha bhasma*, *pravāla bhasma*, *muktā bhasma* and *dāruharidrā*.

Process of Drug-Making: Take 10 gm. measure each of *svarṇa bhasma*, *kāntalauha bhasma*, *vaikrānta bhasma*, purified *kharpara*, *tīkṣṇa lauha bhasma*, *pravāla bhasma* and *muktā bhasma*. Mix all the ingredients together and get the mix triturated. It is impregnated by decoction of *dāruharidrā* and triturated subsequently. Pills of 125 mg. should be prepared and dried under shade.

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Method of use/ Administration and Therapeutic benefits: *Ratnaprabhā Vaṭī* is effective for oral use in treatment of *satataka jvara*, *plīhāvṛiddhi*, *agnimāndya* (diminished appetite), *kāmalā*, *yakṛidvikāra* and *snāyuśūla* of severe stage.

शीतभञ्जी रसः–

रसहिङ्गुलतालानितुत्थंशम्बूकजंरजः । कन्याऽद्भिः सप्तधा भाव्यं पक्तव्यं च शरावके ।।९७९।।
अहोरात्रंपुनःशीतंकुम्भाधःसिकताऽन्तरे । दत्तः पथ्यं तु तक्रेण भक्तं क्षीरेण वा युतम् ।।
लवणेन विना सर्वान् नाशयेद्विषमज्वरान् ।।९८०।।

979-980. Śītabhanjī Rasa:

Ingredients: Purified *pārada*, purified *hiñgula*, purified *haritāla*, purified *tuttha*, *śambūka* (snail shell) and juice of *kumārī* leaves.

Process of Drug-Making: Take equal parts (i.e. 50 gm. each) of the purified *pārada*, purified *hiñgula*, purified *haritāla*, purified *tuttha* and *śambūka* (snail shell). Ground all of them together into a fine powder and get the mix impregnated seven consecutive times with juice of *kumārī* leaves. This *kalka* is made a lump that is kept in *śarāva saṁpuṭa*. It is processed through *Bālukā Yañtra* by putting it on fire for 24 hours. Subsequently, when it cools down by itself, the processed *kalka* is taken out and packed in suitable container.

Method of use/ Administration and Therapeutic benefits: *Śītabhanjī Rasa*, normally in doses of 125 to 250 mg. should be given with suitable *anupāna*. This drug alleviates all types of *viṣam jvara*. As wholesome food articles, cooked rice with milk should be served to patient but use of salt should be restricted.

(*Rasendra Kāmdhenu*)

चूडामणिरसः–

मृतंसूतंप्रवालं च स्वर्णं तारं च वङ्गकम् । शुल्बं मुक्ता तीक्ष्णमभ्रं सर्वमेकत्र योजयेत् ।।९८१।।
पिष्ट्वाजलेन वटिका कार्या वल्लप्रमाणतः । धातुस्थं सन्निपातोत्थं ज्वरं विषमसंभवम् ।।९८२।।
कामशोकसमुद्भूतं त्रिदोषजनितं तथा । कासं श्वासं च विविधं शूलं सर्वाङ्गसंभवम् ।।९८३।।
शिरोरोगं कर्णशूलं दन्तशूलं गलग्रहम् । वातपित्तसमुद्भूतं ग्रहणीं सर्वसंभवाम् ।।९८४।।
आमवातंकटीशूलमग्निमान्द्यंविसूचिकाम् । अर्शांसिकामलां मेहं मूत्रकृच्छ्रादिकं च यत् ।।९८५।।
तत्सर्वं नाशयत्याशु विष्णुचक्रमिवासुरान् । चूडामणिरसो ह्येष शिवेन परिकीर्तितः ।।९८६।।

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981-986. Cuḍāmaṇi Rasa:

Ingredients: *Bhasmas* of *pārada*, *pravāla*, *suvarṇa*, *rājaṭa*, *vanga*, *tāmra*, *muktā*, *lauha* (*tīkṣṇa*), *abhraka* and water or *tāmbūla pātra* juice.

Process of Drug-Making: Procure 10 gm. measure each of the *bhasmas* of *pārada*, *pravāla*, *suvarṇa*, *rajata*, *vanga*, *tāmra*, *muktā*, *lauha* (*tīkṣṇa*) and *abhraka* mix them well. Get the mix impregnated and triturated along with water or juice of *tāmbūla pātra*. Prepare pills of 375 mg. out of the produce.

Method of use/Administration: *Cuḍāmaṇi Rasa* may be given orally in doses of one pill with suitable *anupāna*.

Therapeutic benefits: It has been effective in treatment of various types of fever and indispositions like: *dhātustha jvara*, *sannipātaja jvara*, *viṣamajvara*, *kāmaśokaja jvara*, *kāsa*, *śvāsa*, different types of *śūla*, *śiroroga*, *karṇaroga*, *dantaśūla*, *galagraha*, *vātapittajanitaśūla*, *grahaṇī*, *āmavāta*, *kaṭiśūla*, *agnimāndya* (diminished appetite), *viṣūcīkām*, *arśa*, *kāmalā*, *prameha* and *mūtrakṛicchrah*. The medicine has been expounded by God Śiva and it promptly eliminates all kinds of these diseases as effectively as the disc of God Viṣṇu eradicates the demons.

(*Rasendra Sār Sangraha*)

चूडामणिरसः (बृहत्) र. सा. सं.–

कस्तूरिका विद्रुमरौप्यलौहंतालं हिरण्यं रसभस्म दद्यात् ।
सुवर्णसिन्दूरलवङ्गमुक्ता चोचं घनं माक्षिकराजपट्टम् ।।९८७।।
गोक्षूरजातीफलजातिकोषं मरीचकर्पूरकतुत्थकं च ।
प्रगृह्य सर्वं हि समं प्रयत्नादथाश्वगन्धां द्विगुणां हि वैद्यः ।।९८८।।
वक्ष्यमाणौषधैर्भाव्यं प्रत्येकं मुनिसंख्यया । निर्गुण्डीफञ्जिकावासारविमूलत्रिकण्टकैः ।।९८९।।
तद्वीर्यं कथयिष्यामि वातिकं पैत्तिकं ज्वरम् । कफोद्भवं त्रिदोषोत्थं सर्वोपद्रवसंयुतम् ।।९९०।।
सततं सन्ततं हन्ति तृतीयकचतुर्थकौ । ऐकाहिकं द्व्याहिकं च विषमं भूतसंभवम् ।।९९१।।
नाशयेदचिरादेव वृक्षमिन्द्राशनिर्यथा । चूडामणिरसो ह्येष शिवेन परिभाषितः ।।९९२।।

987-992. Cuḍāmaṇi Rasa (major):

Ingredients: *Kastūrī* (purified), *pravāla* (*bhasma*), *lauha* (*bhasma*), *haritāla* (*bhasma*), *suvarṇa* (*svarṇa*) (*bhasma*), *tarkṣaya* (*pannā*) (*bhasma*), *suvarṇasindūra* (*bhasma*), *lavanga* (dried bud of clove), *muktā* (*bhasma*), *conca* (bark), *abhraka* (*bhasma*), *svarṇamākṣika* (*bhasma*), *rājapaṭṭa* (*lājvarda*) (*bhasma*), *gokṣura* (fruit), *jātīphala* (seed), *jātīkoṣa* (phalakosha), *marica* (fruit),

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purified *karpūra* (camphor), *tuttha* (*bhasma*) along with *aśvagandhā* (root), juices or decoction of *nirgunḍī* (roots/leaves), *phanjika* (leaves), *vāsa* (leaves/root), *arka* (root) and *gokṣura* (fruits).

Process of Drug-Making: Obtain equal parts (i.e. 10 gm. each) of the following: *kastūrī* (purified), *pravāla* (*bhasma*), *lauha* (*bhasma*), *haritāla* (*bhasma*), *suvarṇa* (*svarṇa*) (*bhasma*), *tarkṣaya* (*pannā*) (*bhasma*), *suvarṇasindūra* (*bhasma*), *lavanga* (dried bud of clove), *muktā* (*bhasma*), *conca* (bark), *abhraka* (*bhasma*), *svarṇamākṣika* (*bhasma*), *rājapaṭṭa* (*lājvarda*) (*bhasma*), *gokṣura* (fruit), *jātīphala* (seed), *jātīkoṣa* (*phalakoṣa*), *marica* (fruit), purified *karpūra* (camphor), *tuttha* (*bhasma*) along with *aśvagandhā* (root) in measure of 120 gm., i.e. double the combined weight of the above. Ground them together and process the mix through *bhāvanā* method using juices or decoction of *nirgunḍī* (roots/leaves), *phanjika* (leaves), *vāsa* (leaves/root), *arka* (root) and *gokṣura* (fruits). This *bhāvanā* process requires seven times repetition (in case of individual drug each). Finally prepare pills of 125 mg.

Method of use/ Administration and Therapeutic benefits: *Bṛihat Cudamani Rasa* is to be taken in doses of one pill with suitable *anupāna* (considering the indisposition in context) in complaints such as: *vātika*, *paittika*, *śleṣmika*, *tṛidoṣaja jvara* with all types of disorders, *satata*, *santata*, *tṛitīyaka*, *caturthikā*, *aikahika*, *dvyahika*, *viṣama*, *bhutaja* and the like fevers. It eradicates all types of fever as effectively as the lightening destroys the trees. *Cuḍāmaṇi Rasa* (*Bṛihat*) has been expounded by God Śiva.

(*Rasendra Sār Sangraha*)

ज्वरचूडामणिरसः (बृहत्)–र. सा. सं.

स्वर्णंसुवर्णसिन्दूरंलौहं तारं मृगाण्डजम् । जातीफलं जातिकोषं लवङ्गं च त्रिकण्टकम् ।।९९३।।
कर्पूरं गगनं चैव चोचं मुशलतालकम् । प्रत्येकं कर्षमानन्तु तुरङ्गं च द्विकार्षिकम् ।।९९४।।
विद्रुभंभस्मसूतं च मौक्तिकं माक्षिकं तथा राजपट्टं शिखिग्रीवं सर्वं संचूर्ण्य यत्नतः ।।९९५।।
खल्ले तु चूर्णमादाय भावयेत्परिकीर्त्तितैः । निर्गुण्डीफञ्जिकावासारविमूलत्रिकण्टकैः ।।९९६।।
ज्वरमष्टविधं हन्ति साध्यासाध्यमथापि वा ।।९९७।।

993-997. Jvara Cuḍāmaṇi Rasa (Major):

Ingredients: *Svarṇa bhasma*, *svarṇasindūra*, *lauha bhasma*, *rajata bhasma*, *abhraka bhasma*, *kastūrī*, *jātīphala*, *jātipatri*, *lavanga*, *gokṣura*, *karpūra*, *tvak*, *tālamūli*, *gokṣura* (*muśalatālaka*) (fruit), *aśvagandhā* (root), *pravāla bhasma*,

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rasasindūra, *muktā bhasma*, *svarṇamākṣika*, *kānta pāṣāṇa*, juices or decoction of *nirgunḍī*, *phanjikā*, *vāsa*, *arka* and *gokṣura*.

Process of Drug-Making: Get 20 gm. each of the following materials: *svarṇa bhasma*, *svarṇasindūra*, *lauha bhasma*, *rajata bhasma*, *abhraka bhasma*, *kastūrī*, *jātīphala*, *jātipatri*, *lavanga*, *gokṣura*, *karpūra*, *tvak*, *tālamūli* and 10 gm. measure each of the *gokṣura* (*muśalatālaka*) (fruit), *aśvagandhā* (root), *pravāla bhasma*, *rasasindūra*, *muktā bhasma*, *svarṇamākṣika* and *kānta pāṣāṇa*. Ground all of them together. Thereafter, process the mix through *bhāvanā* method using juices or decoction of *nirgunḍī*, *phanjikā*, *vāsa*, *arka* and *gokṣura*. Prepare pills measuring 125 mg. each.

Method of use/ Administration and Therapeutic benefits: *Bṛihat Jvar Cuḍāmaṇi Rasa* is to be taken in doses of 1 or 2 pills in treatment of curable and seemingly incurable *jvara* of eight types.

Note: The term *Muśal tālaka* has been construed to mean *Tālamūli* only. It does relate neither to *Muśali* nor *Haritāla*.

(*Rasendra Sār Sangraha*)

भानुचूडामणिरसः–

सुवर्णं रससिन्दूरं प्रवालं वङ्गमेव च । लौहं ताम्रं पत्रजं च यमानीं विश्वभेषजम् ।।९९८।।
सैन्धवं मरिचं कुष्ठं खदिरं रजनीद्वयम् । रसाञ्जनं माक्षिकं च समभागं च कारयेत् ।।९९९।।
वारिणा वटिका कार्या रक्तिद्वयप्रमाणतः । भक्षयेत्प्रातरुत्थाय सर्वज्वरकुलान्तिकाम् ।।१०००।।

998-1000. Bhānu Cuḍāmaṇi Rasa:

Ingredients: *Suvarṇa bhasma*, *rasasindūra*, *pravāla bhasma*, *vanga bhasma*, *lauha bhasma*, *tāmra bhasma*, *svarnmākṣika*, *patraja*, *yavānī*, dried ginger, *marica*, *kuṣṭha*, *khadira*, *haridrā*, *dāruharidrā*, *rasāñjana* and purified honey.

Process of Drug-Making: Take equal parts of the following materials: *suvarṇa bhasma*, *rasasindūra*, *pravāla bhasma*, *vangabhasma*, *lauha bhasma*, *tāmra bhasma*, *svarnmākṣika*, *patraja*, *yavānī*, dried ginger, *marica*, *kuṣṭha*, *khadira*, *haridrā*, *dāruharidrā*, *rasāñjana* and purified honey. Pound all of them together into fine powder and get the mix triturated along with water for 12 hours. Finally prepare pills measuring 250 mg. each.

Method of use/Administration: *Bhānu Cuḍāmaṇi Rasa* is to be taken in doses of 125 mg., with suitable *anupāna*.

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चिन्तामणिरसः–

रसं गन्धं मृतं ताम्रं मृतमभ्र फलत्रिकम् । त्र्यूषणं दन्तिबीजञ्च समं खल्लं विमर्दयेत् ।।१००१।।
द्रोणपुष्पीरसैर्भाव्यं शुष्कं तदुपपालितम् । चिन्तामणिरसो ह्येष त्वजीर्णे शस्यते सदा ।।१००२।।
ज्वरमष्टविधं हन्ति सर्वशूलनिषूदनः । गुञ्जैकं वा द्विगुञ्जं वा देयमार्द्रकवारिणा ।।१००३।।

1001-1003. Cintāmaṇi Rasa:

Ingredients: Purified *pārada*, *gandhaka bhasma*, *tāmra bhasma*, *abhraka bhasma*, *harītakī* (fruit-part), *vibhītaka* (fruit-part), *āmalakī* (fruit part), dried ginger, *marica* (fruit), *pippalī* (fruit), purified *dantībīja* (seed) and juice of *droṇapuṣpī*.

Process of Drug-Making: Take the following medicines in measure of 1 part each: purified *pārada*, *gandhaka bhasma*, *tāmra bhasma*, *abhraka bhasma*, *harītakī* (fruit-part), *vibhītaka* (fruit-part), *āmalakī* (fruit part), dried ginger, *marica* (fruit), *pippalī* (fruit), purified *dantībīja* (seed). Prepare *kajjalī* by combining *pārada* and *gandhaka* and mix into it all the remaining components. Make a fine powder of the mix and get it impregnated with juice of *droṇapuṣpī* and get the compound triturated. Finally prepare pills in measurement of 125 mg. each.

Method of use/Administration: It is given in doses of one pill along with fresh ginger juice.

Therapeutic benefits: *Cintāmaṇi Rasa* is effective in cases of *ajīrna* (indigestion and dyspepsia), eight types of fever and all kinds of *śūla* (colic pain).

(*Rasendra Sār Sangraha*)

चिन्तामणिरसः (द्वितीयः)

रसंगन्धंविषं लौहं धूर्त्तबीजं समं समम् । द्वौ भागौ ताम्रवह्न्योश्च व्योषचूर्णं तु तत्समम् ।।१००४।।
जम्बीरस्य च मज्जाभिरार्द्रकस्य रसैर्युतम् । अस्यानुपानेन वटी ज्वरे देया प्रयत्नतः ।।१००५।।
गुञ्जाद्वयांवटींखादेत्सद्योज्वरविनाशिनीम् । ऐकाहिकं द्व्याहिकं च चातुर्थिकविपर्ययम् ।।१००६।।
असाध्यं चापि साध्यं च ज्वरं चैवातिदुस्तरम् ।।१००७।।
अग्निमान्द्येऽप्यजीर्णेचअरोचकनिपीडिते । ज्वरान् सर्वान्निहन्त्याशु सर्वज्वरकुलान्तकः ।।१००८।।

1004-1008. Cintāmaṇi Rasa (second recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha*, *lauha bhasma*, purified *dhatturā*, *tāmra bhasma*, root of *citraka*, dried ginger, *marica* and *pippalī*.

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Process of Drug-Making: Get the following materials in 1 part each (i.e. 50 gm. each): purified *pārada*, purified *gandhaka*, purified *vatsanābha*, *lauha bhasma* and purified *dhatturā*. Similarly take *tāmra bhasma* and root of *citraka* in two parts each (i.e. 100 gm.). Also take dried ginger, *marica* and *pippalī* also measuring two parts each (i.e. 100 gm.).

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and add rest of the materials into it in powdered form. Make pills out of the preparation and preserve them in containers.

Method of use/Administration: This medicine should be taken in doses of one or two pills along with juice of ginger.

Therapeutic benefits: It effectively alleviates fever. It checks various types of fever like *vātika jvara*, *paittika jvara*, *śleṣmikajvara*, *ekāhikā jvara dvyāhika jvara*, *caturthikā-viparyāya jvara* and curable and seemingly incurable cases of *jvara*. It also cures *agnimāndya* (diminished appetite), *ajīrna* (indigestion), *ādhmāna*, *atisāra* (diarrhoea) and *aruci* (anorexia). The medicine is capable of controlling all kinds of fever.

(*Rasendra Sār Sangraha*)

चिन्तामणिरसः (बृहत्) र. सा. सं.

रसगन्धकलौहानि ताम्रं तारं हिरण्यकम् । हरितालं खर्परञ्च कांस्यं वङ्गं च विद्रुमम् ।।१००९।।
मुक्तामाक्षिककाशीशंटङ्गणंचशिला समम् । कर्पूरं च समं दत्त्वा भावना सप्तसप्तकम् ।।१०१०।।
भार्गी वसा च निर्गुण्डी नागवल्ली जयन्तिका । कारवेल्लं पटोलं च शुक्राशनपुनर्नवे ।।१०११।।
आर्द्रकंचततोदद्यात्प्रत्येकंवारसप्तकम् । वातिकं पैत्तिकं चैव श्लैष्मिकं सान्निपातिकम् ।।१०१२।।
द्वन्द्वजंविषमाख्यंचधातुस्थंचज्वरं जयेत् । कासं श्वासं तथा शोथं पाण्डुरोगं हलीमकम् ।।१०१३।।
प्लीहानमग्रमांसं च यकृतं च विनाशयेत् । चिन्तामणिरसो नाम सर्वज्वरविनाशनः ।।१०१४।।

1009-1014. Cintāmaṇi Rasa (Major):

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *rajata bhasma*, *suvarṇa bhasma*, purified *haritāla* (*bhasma*), purified *kharpara* (*bhasma*), purified *kānsya* (*bhasma*), *vanga bhasma*, purified *vidruma* (*bhasma*), purified *muktā* (*bhasma*), purified *svarṇamākṣika* (*bhasma*), purified *kaśīśa*, purified *tañkaṇa*, purified *manahśilā*, purified *karpūra*, juices of *bhārgī* (root), *vāsa* (leaves/root), *nirgundī* (leaves/root), *nāgavallī* (leaves), *jayantīkā* (leaves), *kāravella* (fruit/leaves), *paṭola* (leaves), *śukrāśana*, *punarnavā* (root/leaves) and ginger (rhizome).

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Process of Drug-Making: Take the following materials in equal parts (i.e. 10 gm. each): purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *rajata bhasma*, *suvarṇa bhasma*, purified *haritāla* (*bhasma*), purified *kharpara* (*bhasma*), purified *kānsya* (*bhasma*), *vanga bhasma*, purified *vidruma* (*bhasma*), purified *muktā* (*bhasma*), purified *svarṇamākṣika* (*bhasma*), purified *kaśīśa*, purified *tañkaṇa*, purified *manahśilā* and purified *karpūra*. Prepare *kajjalī* out of *pārada* and *gandhaka* and thoroughly mix powdered forms of the rest of the above mentioned materials into it.

Process the preparation through *bhāvanā* method using juices of the following herbs (using each of them for not less than seven times): *bhārgī* (root), *vāsa* (leaves/root), *nirgundī* (leaves/root), *nāgavallī* (leaves), *jayantīka* (leaves), *kāravella* (fruit/leaves), *paṭola* (leaves), *śukrāśana*, *punarnavā* (root/leaves) and ginger (rhizome). Finally, prepare pills in measurement of 250 mg. each.

Method of use/Administration: This medicine is consumed in doses of one pill along with juice of ginger or with any other suitable *anupāna* (beneficial in the given case of ailment).

Therapeutic benefits: The medicine is very effective in curing fevers of the following type: *vātika*, *paittika*, *śleṣmika*, *sannipātika*, *dvandaja*, *viṣamajvara*, *dhātustha jvara*. It also checks *kāsa*, *śvāsa*, *śotha*, *pāṇḍu*, *halīmaka*, *plīhā roga*, *agramāmsa* and *yakṛidroga*. The medicine is capable to check all kinds of fever.

(*Rasendra Sār Sangraha*)

चिन्तामणिरसः (बृहद् द्वितीयः) र. सा. सं.

रसंगन्धं विषं चैव त्रिकटुत्रैफले तथा । शिलाह्वा रौप्यकं स्वर्णं मौक्तिकं तालकं तथा ।।१०१५।।
मृगकस्तूरिकायाश्च ग्राह्यं षाण्माषिकं भिषक् । भृङ्गराजरसेनैव तुलस्याः स्वरसेन वै ।।१०१६।।
आर्द्रकस्य रसेनैव वटीं कुर्याद् द्विगुञ्जिकाम् । चिन्तामणिरसो ह्येष सर्वरोगकुलान्तकः ।।१०१७।।
सन्निपातज्वरहरः कफरोगं विनाशयेत् । एकजं द्वन्द्वजं चैव विविधं विषमज्वरम् ।।१०१८।।
अग्निमान्द्यंशिरःशूलं विद्रधिं सभगन्दरम् । एतान्येष निहन्त्याशु भास्करस्तिमिरं यथा ।।१०१९।।

1015-1019. Cintāmaṇi Rasa (second major):

Ingredients: Purified *pārada*, *gandhaka*, *vatsanābha viṣa*, *tṛikaṭu* herbs, *tṛiphalā* herbs, *manahśilā*, *rajata bhasma*, *svarṇa bhasma*, *muktā bhasma*, *haratāla bhasma*, *kastūrikā*, juices of *bhṛingarāja*, *tulasī* and ginger.

Process of Drug-Making: Take 12 gm. each of purified *pārada*, *gandhaka*, *vatsanābha viṣa*, *tṛikaṭu* herbs, *tṛiphalā* herbs, *manahśilā*, *rajata bhasma*, *svarṇa*

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bhasma, muktā bhasma and *haratāla bhasma*. Also take *kastūrikā* measuring 6 gm. Prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the above (excluding *kastūrī*) into it. Churn the preparation along with juices of *bhṛingarāja*, *tulasī* and ginger for one day each. Finally mix the *kastūrikā* to the compound and ground the preparation for six hours. Prepare pills measuring 250 mg. each.

Method of use/Administration: Take one pill of the medicine along with proper *anupāna*.

Therapeutic benefits: This medicine is capable of eliminating *sannipātta* fever, *kāsa* (coughs), headache, diminished appetite, *vidradhi*, *bhagandara* and such types of fevers as the *ekaj*, *dvandaja*, *viṣamajvara* and the like.

(*Rasendra Sār Sangraha*)

त्र्याहिकारिरसः–

रसकेनसमंशङ्खंशिखिग्रीवञ्चपादिकम् । गोजिह्वया जयन्त्या च तण्डुलीयैश्च भावयेत् ।।१०२०।।
प्रत्येकं सप्त सप्ताथ शुष्कं गुञ्जाचतुष्टयम् । ज्वरघ्नेन घृतेनाद्यात् त्र्याहिकज्वरशान्तये ।।१०२१।।

1020-1021. Tryāhikari Rasa:

Ingredients: Purified *kharpara*, *śankha bhasma* purified *tutthaka*, saliva of cow, juice of *jayantīpatra* and juice of *tanduliya*.

Process of Drug-Making: Take purified *kharpara* (48 gm.), *śankha bhasma* (48 gm.) and purified *tutthaka* (12 gm.). Mortar them finely. Treat this compound separately with saliva of cow, juice of *jayantīpatra* and juice of *taṇḍuliya* (rice washing) through *bhāvanā* method for seven times each. Finally, mortar again the compound properly and prepare pills measuring 500 mg. (modern doses 62 mg.) each. Dry and store them.

Method of use/ Administration and Therapeutic benefits: Churn one pill along with roasted cumin seeds (4 gm.) and *jvaraghn* (antipyretic medicated) *ghṛitam* (6 gm.) and consume it. This medicine cures *tryāhika* fever.

(*Rasendra Sār Sangraha*)

चातुर्थकारिरसः–

हरितालं शिला तुत्थं शङ्खचूर्णञ्च गन्धकम् । समांशं मर्दयेत्खल्ले कुमारीरससंयुतम् ।।१०२२।।
शरावसम्पुटे कृत्वा दत्त्वा गजपुटं पचेत् । कुमारिकारसेनैव वल्लमात्रा वटी कृता ।।१०२३।।
दत्ता शीतज्वरं हन्ति चातुर्थकं विशेषतः । मरिचघृतयोगेन तक्रं पीत्वा चरेद्वटीम् ।।१०२४।।
एतया वमनं भूत्वा ज्वरस्तस्माद्विनश्यति ।।१०२५।।

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1022-1025. Cāturthakāri Rasa:

Ingredients: Purified *haritāla*, purified *manahśilā*, purified *tutthaka*, *śankha bhasma*, purified *gandhaka* and pulp of *kumārī* leaves.

Process of Drug-Making: Obtain the following materials in measurement of 1 part each: purified *haritāla*, purified *manahśilā*, purified *tutthaka*, *śankha bhasma* and purified *gandhaka*. All these ingredients should be ground and well mixed for preparing the powder. Get the compound impregnated by pulp of *kumārī* leaves and ground the mix in mortar. Subsequently the disc or *cakrikā* are to be prepared. These are packed in *śarāva saṁpuṭa* and processed on fire through *gajapuṭa*. Afterwards, when apparatus attains atmospheric temperature by itself, the finished product is taken out from the apparatus. It is again triturated with pulp and juice of *kumārī*. Finally, pilis of one *valla* measure each are to be made and safely packed in suitable container.

Method of use/ Administration and Therapeutic benefits: First the patient should take buttermilk treated with *ghṛitam* and pepper powder. After that he should take one pill of the medicine. It would induce the patient to vomit. As a result the patient gets cured of the *śīta* and *caturthikā jvara*s.

(*Rasendra Sār Sangraha*)

विश्वेश्वरो रसः (रात्रिज्वरे)–

पारदं खर्परं गन्धं तुल्यांशं मर्दयेद् रसे । अश्वत्थजे त्र्यहं पश्चाद्रसे कोलकमूलजे ।।१०२६।।
निदिग्धिकारसेकाकमाचिकायारसे तथा । द्विगुञ्जं वा त्रिगुञ्जं वा गोक्षीरेण प्रदापयेत् ।
रात्रिज्वरं निहन्त्याशु नाम्ना विश्वेश्वरो रसः ।।१०२७।।

1026-1027 Viśveśvara Rasa:

Ingredients: Purified *pārada*, *kharpara bhasma*, purified *gandhaka*, *aśvattha* roots, *kolaja* (*badarī*) (roots), *kañṭakārī* and *kākamācī*.

Process of Drug-Making: Gather the following materials in equal parts each: purified *pārada*, *kharpara bhasma* and purified *gandhaka*. Prepare *kajjalī* of the *pārada* and *gandhaka* and mortar it along with *kharpara bhasma*. Subsequently, get the compound impregnated with juice of the leaves decoction of *aśvattha* root-barks or juice of its leaves. The process is continued for three days while triturating is continuously carried through. Similarly, the process is continued using each of the decoction of *kolaja* (*badarī*) roots, decoction of *kañṭakārī* and

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juice of *kākamācī* for one day each in sequence. The drug thus obtained is dried up and filled in suitable container.

Method of use/Administration: *Viśveśvara Rasa* is to be taken in doses of 250 mg. to 375 mg. with warm cow's milk.

Therapeutic benefits: It is useful in *ratrijvara* (night fever).

(*Rasendra Sār Sangraha*)

विक्रमकेशरी रसः–

शुल्बमेकंद्विधातारंमर्दयेद् विधिवद्भिषक् । पश्चाद्विषं रसं गन्धं मेलयित्वा तु भावयेत् ।।१०२८।।
एकविंशतिवारांश्चलिम्पाकवल्कलद्रवैः । रसःसिद्धःप्रदातव्योगुञ्जामात्रो ज्वरान्तकृत् ।।१०२९।।
सर्वज्वरहरः ख्यातो रसो विक्रमकेशरी ।।१०३०।।

1028-1030. Vikramakeśarī Rasa:

Ingredients: *Tāmra bhasma*, *rajata bhasma*, powder of *vatsanābha* root (purified), *pārada bhasma*, *gandhaka bhasma* and juice or decoction of *nimbuka* plant.

Process of Drug-Making: Obtain *tāmrabhasma* (12 gm.), *rajata bhasma* (24 gm.) and get them mixed and triturated well. Add to it the powder of *vatsanābha* root (purified) measuring 12 gm. Subsequently, purified *pārada* and purified *gandhaka* (12 gm. each) are triturated for preparing *kajjalī* which is added into the preparation. It is impregnated by fruit juice or decoction of *nimbuka* plant, for 21 times, and the same is triturated well. Finished product is finally packed in suitable container.

Method of use/ Administration and Therapeutic benefits: The *Vikramakeśarī Rasa* is to be taken in doses of 125 mg. It alleviates all types of fever.

(*Rasrāj Sundara*)

ज्वरकालकेतुरसः–

रसं विषं गन्धकताम्रकञ्च मनः शिलाऽरुष्करतालकञ्च ।
विमर्द्य वज्रीपयसा समांशं गजाह्वयं तत्र पुटं विदध्यात् ।।१०३१।।
द्विगुञ्जमस्यैव मधुपयुक्तं ज्वरं निहन्त्यष्टविधं महोग्रम् ।
पुरा भवान्यै कथितो भवेन नृणां हिताय ज्वरकालकेतुः ।।१०३२।।

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1031-1032. Jvarakālaketu Rasa:

Ingredients: Purified *pārada*, purified *vatsanābha* (root), purified *gandhaka*, purified *tāmrabhasma*, purified *manahśilā*, purified *bhallātaka* (fruit) (powder), purified *haratāla* and *vajrī* latex.

Process of Drug-Making: Get 12 gm. measure each of purified *pārada*, purified *gandhaka*, purified *vatsanābha* (root) (powder), purified *tāmrabhasma*, purified *manahśilā*, purified *bhallātaka* (fruit) (powder) and purified *haratāla*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Get the mix triturated with *vajrī* latex for three hours. This mixture is kept in *śarāva saṁpuṭa* and processed in *gajapuṭa* for cooking. It is removed and finished product is taken out when the apparatus cool down on its own. The preparation is finely powdered and packed in suitable container.

Method of use/Administration: The recipe is taken in doses of two *ratikās* with honey.

Therapeutic benefits: It alleviates eight kinds of fevers. In ancient times, Mahādeva revealed this remedy to Parvatī for the benefit of human kind.

(*Rasrāj Sundara*)

त्रिपुरारिरसः–

हुताशमुखसंशुद्धं रसं ताम्रञ्च गन्धकम् । लौहमभ्रं विषञ्चैव सर्वं कुर्यात् समांशकम् ।।१०३३।।
रसार्द्धं मृतरौप्यं च शृङ्गबेराम्बुमर्दितम् । द्विगुञ्जं मधुना देयं सितयाऽऽर्द्ररसेन वा ।।१०३४।।
ज्वरमष्टविधं हन्ति वारिदोषभवं तथा । प्लीहानमुदरं शोथमतीसारं विनाशयेत् ।।
रोगानेतान्निहन्त्याशु शङ्करस्त्रिपुरं यथा ।।१०३५।।

1033-1035. Tripurāri Rasa:

Ingredients: *Hiñgulotha* purified *pārada*, *tāmra bhasma*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, purified *vastanābha* (root), *rajat bhasma*, fresh ginger juice.

Process of Drug-Making: Obtain 12 gm. each of the, *hiñgulotha* purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, purified *vastanābha* (root) and *rajat bhasma*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Get the mix impregnated with fresh ginger juice. When this mixture dries up, the medicine is packed in suitable container.

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Method of use/Administration: *Tripurari Rasa* is to be taken in doses of 125 mg. along with honey or juice of ginger treated with sugar.

Therapeutic benefits: The medicine is effective in eight types of fever, fever caused by defected water, *plīhāvṛiddhi*, *udara roga*, *śotha* and *atisāra* (diarrhoea). These diseases are eliminated by the medicine in the manner as God Śankara destroys demons like Tripura.

(*Rasrāj Sundara*)

मेघनादो रसः–

तारंकांस्यंमृतंताम्रंत्रिभिस्तुल्यञ्चगन्धकम् । क्वाथेनमेघनादस्यपिष्ट्वारुद्ध्वा पुटे पचेत् ।।१०३६।।
षड्भिः पुटैर्भवेत्सिद्धो मेघनादो ज्वरापहः । भक्षयेत्पर्णखण्डेन विषमज्वरनाशनः ।।१०३७।।
अस्यमात्राद्विगुञ्जा स्यात्पथ्यं दुग्धौदनं हितम् । नागरातिविषामुस्तभूनिम्बामृतवत्सकैः ।।१०३८।।
सर्वज्वरातिसारघ्नंक्वाथमस्यानुपाययेत् । तरुणं वा ज्वरं जीर्णतृष्णां दाहञ्च नाशयेत् ।।१०३९।।

1036-1039. Meghanāda Rasa:

Ingredients: *Rajata bhasma*, *kānsya bhasma*, *tāmra bhasma*, purified *gandhaka* and *meghanāda*.

Process of Drug-Making: Take 12 gm. each of the *rajata bhasma*, *kānsya bhasma*, *tāmra bhasma* along with 36 gm. measure of purified *gandhaka*. Grind all the ingredients into powder and get the compound impregnated with juice or decoction of plant *meghanāda*. Get the preparation triturated again. This material should be packed in *śarāva saṁpuṭa* and cooked through *puṭa* method for six consecutive times.

Method of use/ Administration and Therapeutic benefits: Normally, *Meghanāda Rasa* in doses of 250 mg. may be given. As wholesome diet, cooked rice with milk is beneficial. This medicine is very effective in checking all types of fever, *atisāra*, *taruṇa* and *jīrṇa* fever, morbid thirst, burning sensation and the like. Take equal parts of dried ginger, *ativiṣā*, *mustaka*, *kirātatikta*, *guḍūcī* and bark of *kuṣṭha*. Take 24 gm. of this mixture and decoct it along with water measuring 384 ml. Decoct the preparation till the original quantity is reduced to 96 ml. This decoction is to be taken along with raw sugar (*miśṛi*) after consuming the drug.

(*Rasendra Cintāmani*)

शीतारिरसः–

तालकंदरदोद्भूतः पारदो गन्धकं शिला । क्रमाद्भागार्द्धरहितं कारवेल्लयम्बुमर्दितम् ।।१०४०।।

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इदमस्य प्रमाणेन ताम्रपत्रीं प्रलेपयेत् । अधोमुखं दृढे भाण्डे तां निरुद्ध्याथ पूरयेत् ।।१०४१।।
चुल्ल्यांबालुकयाघस्त्रमेकंप्रज्वालयेद्दृढम् । शीतेसञ्चूर्ण्यगुञ्जाऽस्यनागवल्लीदलेस्थिता।।१०४२।।
भक्षितामरिचैःसार्द्धंसमस्तान्विषमज्वरान् । दाहशीतादिकंहन्यात्पथ्यंशाल्योदनं पयः ।।१०४३।।

1040-1042. Śītāri Rasa:

Ingredients: Purified *haritāla*, *hiñgulottha pārada*, purified *gandhaka*, purified *manahśilā* and juice of *kāravellaka*.

Process of Drug-Making: Get purified *haritāla* (40 gm.), *hiñgulottha pārada* (20 gm.), purified *gandhaka* (10 gm.) and purified *manahśilā* (5 gm.). First prepare *kajjalī* by combining *gandhaka* and *pārada* and mix into the *kajjalī* rest of the ingredients. Get the compound impregnated with juice of *kāravellaka* and triturate the preparation into a *kalka*. This *kalka* is applied to inter-walls of a copper crucible that is kept downwards inside a strong earthen vessel. Joints of the mouth of the crucible and the bottom of the earthen pot should be closed tightly with mud. Then sand is filled into the pot's empty space. The pot is covered with a clay lid. This apparatus is put on fire with intense heat for one hour. It should be removed from fire and vessel should be allowed to cool down on its own. Finally, the finished product is taken out from the pot and pounded into a powder, which is filled in container.

Method of use/Administration: Doses of 125 mg. of the *Śītāri Rasa* is packed into betal leaves along with *marica* powder (62 mg.) and the pack is taken. When patient feels hungry cooked rice of *ṣaṣṭkā* variety with milk should be served to him.

Therapeutic benefits: This recipe cures both kind of *viṣamajvara*, rising temperatures with feeling of cold or shivering and burning sensation.

(*Rasrāj Sundara*)

स्वच्छन्दभैरवो रसः–

समभागाँश्चसंगृह्यपारदामृतगन्धकान् । जातीफलस्यभागार्द्धंदत्त्वाकुर्याच्च कज्जलीम् ।।१०४३।।
सर्वार्द्धंपिप्पलीचूर्णंखल्लयित्वानिधापयेत् । गुञ्जैकंवा द्विगुञ्जं वा नागवल्लीदलैः सह ।।१०४४।।
आर्द्रकस्य रसेनापि द्रोणपुष्पीरसेन वा । शीतज्वरे सन्निपाते विसूच्यां विषमज्वरे ।।१०४५।।
पीनसेच प्रतिश्याये ज्वरे जीर्णे तथैव च । मन्देऽग्नौ वमने चैव शिरोरोगे च दारुणे ।।१०४६।।
प्रयोज्योभिषजासम्यग्रसःस्वच्छन्दभैरवः । पथ्यं दध्योदनं दद्याद्वीक्ष्य दोषबलाबलम् ।।१०४७।।

1043-1047.Svacchanda Bhairava Rasa:

Ingredients: *Pārada*, *amṛitā*, *gandhaka*, *jātī phala* and *māgadhi*.

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Process of Drug-Making: *Pārada*, *amṛitā* and *gandhaka* should be taken in measure of 20 gm. each along with 10 gm. of *jātī phalā*. Then, all these drugs should be well triturated so that the end product becomes very fine black powder like *añjana* (*Kajjalī*). To this, half of the whole quantity i.e. 35 gm. of *māgadhi* should be added and mortared into a fine powder.

Method of use/Administration: Take the preparation in doses of 125 mg. to 250 mg. along with ginger juice or juice of *droṇapuṣpī*. As wholesome diet, cooked rice with yogurt is suggested to be given, keeping *doṣa* and strength of the patient in consideration.

Therapeutic benefits: This medicine is very effective in alleviating indispositions like *śīta jvara*, *sannipātta jvara*, *viśūcika*, *viṣamajvara*, *pīnasa*, *pratiśyāya*, *jīrṇajvara*, *mandāgni*, *vamana* and the severe cases of *śiroroga*.

(*Rasendra Cintāmani*)

ज्वरारिरसः–

दरदबलिरसानां शुल्बताम्राभ्रकाणांसुभगविडशिलानां सर्वमेकत्र योज्यम् ।।
विपिननृपदलोत्थैर्भावितं शोषयेत्तंदिवसदशसमाप्तौ रक्तिकैकाञ्च कुर्यात् ।।१०४८।।
एकैकांभक्षयेदस्य चार्द्रकस्य रसैर्युताम् । दत्तमात्रं ज्वरं हन्ति ज्वरारिः स निगद्यते ।।१०४९।।
सर्वशूलविनाशी च कफपित्तविनाशनः ।।१०५०।।

1048-1050. Jvarāri Rasa:

Ingredients: Purified *hiñgula*, purified *gandhaka*, purified *pārada*, *tāmra bhasma*, *nāga bhasma*, *abhraka bhasma*, purified borax, *viḍālavaṇa*, purified *manahśilā* and juice of leaves of *vipinanṛipa*.

Process of Drug-Making: Take 12 gm. each of purified *hiñgula*, purified *gandhaka*, purified *pārada*, *tāmra bhasma*, *nāga bhasma*, *abhraka bhasma*, purified borax, *viḍalavaṇa* and purified *manahśilā*. Mortar all these materials. Treat this compound with juice of leaves of *vipinanṛipa* through *bhāvanā* method for 10 consecutive days and subsequently triturate it again. Prepare pills measuring 125 mg. each and after drying, preserve them in glass bottles.

Method of use/Administration: Consume this medicine in doses of one pill along with juice of ginger.

Therapeutic benefits: This medicine effectively cures fever therefore it is known as *jvarari* (enemy of fever). This medicine also checks all types of *śūla* and disorders caused due to *kapha* and *pitta*.

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ज्वराशनिरसः–

रसं गन्धं सैन्धवञ्च विषं ताम्रं समं भवेत् । सर्वचूर्णसमं लोहं तत्समं चूर्णमभ्रकम् ।।१०५१।।
लौहेच लौहदण्डेन निर्गुण्ड्याः स्वरसेन च । मर्दयेद्यत्नतः पश्चान्मरिचं सूततुल्यकम् ।।१०५२।।
पर्णेनसहदातव्योरसो रक्तिकसम्मितः । कासं श्वासं महाघोरं विषमाख्यं ज्वरं वमिम् ।।१०५३।।
धातुस्थं प्रबलं दाहं ज्वरदोषं चिरोद्भवम् । यकृद्गुल्मोदरं प्लीहश्वयथुञ्च विनाशयेत् ।।१०५४।।

1051-1054. Jvarāśani Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, rock salt, purified *vatsanābha*, *tāmra bhasma*, *lauha bhasma*, *abhraka bhasma*, *nirgunḍī* and powder of *marica* fruit.

Process of Drug-Making: Get 12 gm. measure of the following materials: purified *pārada*, purified *gandhaka*, rock salt, *tāmra bhasma*, purified *vatsanābha* along with 60 gm. of *lauha bhasma*. First of all prepare *kajjalī* of *pārada* and *gandhaka* in a stone mortar. Then, it should be put in an iron mortar along with other ingredients. Subsequently get the compound impregnated by juice of *nirgunḍī* and triturate it with an iron rod for one whole day. Mix into the compound the powder of *marica* fruit (in measure equal to *pārada* i. e. 12 gm.) and triturate the mix properly. The medicine is preserved in suitable container.

Method of use/Administration: *Jvarāsani Rasa* is to be taken in doses of 125 mg. with juice of betel leaves or with the pack of betel leaves.

Therapeutic benefits: This formulation is useful in different types of *jvara* and some other ailments, such as: *kāsa* (cough), *śvāsa* (bronchial asthma), *viṣamajvara* (periodic fever including malaria), *vamana* (vomiting), *dhātugata jvara*, *jvara* (chronic fever), *yakṛidvṛiddhi* (liver enlargement), *gulma*, *udara roga* (abdominal diseases), *plīhā vṛiddhi* (*splenomegaly*), *śotha* (oedema) and the like.

(*Rasendra Sār Sangraha*)

ज्वरान्तको रसः–

भास्करोगन्धकः शर्वो देवीविहगतीक्ष्णकम् । शोणितं गगनञ्चैव पुष्पकञ्च महेश्वरम् ।।१०५५।।
भूनिम्बादिगणैर्भाव्यं मधुना गुटिका दृढा । चातुर्थकं तृतीयञ्च ज्वरं सन्ततकं तथा ।।
आमज्वरं भूतकृतं सर्वज्वरमपोहति ।।१०५६।।

1055-1056. Jvarāntaka Rasa:

Ingredients: *Tāmra bhasma*(*Bhāskara*), purified *gandhaka*, purified *pārada* (*śarva*), *svarṇamākṣika bhasma* (*vihaga*), *lauha bhasma* (*tīkṣanaka*), purified *hiñgula* (*śonita*), *abhraka* (*gagan*) *bhasma*, purified *rasāñjana* (*puṣpaka*), *svarṇa*

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(*maheśvara*) *bhasma* and the *bhūnimbādi gaṇa* herbs [*bhūnimba*, *dāruharidrā/devadāru* as well as ten *daśamūla* herbs, *mahauṣadha* (dried ginger), *abda* (*mustaka*), *tikta* (*kaṭukī*), *indrayava*, *dhanikebha* (*dhānyaka*) and *ibha kaṇā* (*gaja pippalī*), all together 18 herbs.]

Process of Drug-Making: Take 12 gm. measure each of the following: purified *pārada* (*śarva*), purified *gandhaka*, *tāmra bhasma* (*Bhāskara*), *svarṇamākṣika bhasma* (*vihaga*), *lauha bhasma* (*tīkṣanaka*), purified *hiñgula* (*śonita*), *abhraka bhasma*, purified *rasāñjana* (*puṣpaka*) and *svarṇa* (*maheśvara*) *bhasma*). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Get the mix impregnated for three days with decoction of the herbs of the *bhūnimbādi gaṇa* [*bhūnimba*, *dāruharidrā/devadāru* as well as ten *Daśamūla* herbs, *mahauṣadha* (dried ginger), *abda* (*mustaka*), *tikta* (*kaṭukī*), *indrayava*, *dhanikebha* (*dhānyaka*) and *ibha kaṇā* (*gaja pippalī*), all together 18 herbs.]

Method of use/Administration: The medicine is to be taken in doses of 125 mg. with suitable *anupāna*.

Therapeutic benefits: It alleviates *caturthikā*, *tṛitīyaka*, *santataka*, *āmajvara*, *bhūtajanya jvara* and *sarvajvara* all types of fever.

वातपित्तान्तको रसः–

मृतसूताभ्रमुस्तार्कतीक्ष्णमाक्षिकतालकम् । गन्धकं मर्दयेत् तुल्यं यष्टिद्राक्षाऽमृतारसैः ।।१०५७।।
धात्रीशतावरीद्रावैर्द्रवैः क्षीरविदारिजैः । दिनं दिनं विभाव्याथ सिताक्षौद्रयुता वटी ।।१०५८।।
माषमात्रानिहन्त्याशुवातपित्तज्वरं क्षयम् । दाहं तृष्णां भ्रमं शोषं वातपित्तान्तको रसः ।।१०५९।।
सिताक्षीरं पिबेच्चानु यष्टिक्वाथसितायुतम् ।।१०६०।।

1057-1060. Vātapittāntaka Rasa:

Ingredients: Purified *pārada*, *abhraka bhasma*, *mustaka* (rhizome), *tāmra bhasma*, *lauha bhasma*, *svarṇamākṣika bhasma*, *haritāla bhasma*, purified *gandhaka*, *madhuyaśthi* (root), *drākṣā* (fruit), *guḍūcī* (stem), *āmalakī* (fruit), *śatāvarī* (root) and *kṣīravidārī* (tuber)

Process of Drug-Making: Obtain equal parts (i.e. 50 gm. each) of the purified *pārada*, *abhraka bhasma*, *mustaka* (rhizome), *tāmra bhasma*, *lauha bhasma*, *svarṇamākṣika bhasma*, *haritāla bhasma*, purified *gandhaka* and. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it.

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Subsequently, the mix is triturated along with juices of the six drugs: *madhuyaśthi* (root), *drākṣā* (fruit), *guḍūcī* (stem), *āmalakī* (fruit), *śatāvarī* (root) and *kṣīravidārī* (tuber) one by one (triturating should continue for six days processing each of the juices for one day each). Pills of 125 mg. in weight may be finally prepared.

Method of use/Administration: The drug is to be taken with sugar and honey.

Vātapittāntaka rasa is to be taken in doses of 125 gm. with suitable *anupāna*. After taking the medicine, the decoction of *yaṣṭimadhu* mixed with sugar or milk mixed with sugar is to be taken.

Therapeutic benefits: It alleviates *vātapittajvara*, *kṣaya*, *dāha*, *tṛiṣṇā*, *bhrama* and *śosa*.

श्रीजयमङ्गलो रसः–

हिङ्गुलसम्भवं सूतं गन्धकं टङ्गणं तथा । ताम्रं वङ्गं माक्षिकञ्च सैन्धवं मरिचं तथा ।।१०६१।।
समंसर्वंसमाहृत्य द्विगुणं स्वर्णभस्मकम् । तदर्द्धं कान्तलौहञ्च रौप्यभस्मापि तत्समम् ।।१०६२।।
एतत्सर्वं विचूर्ण्याथ भावयेत्कनकद्रवैः । शेफालीदलजैश्चापि दशमूलरसेन च ।।१०६३।।
किराततिक्तकक्वाथैस्त्रिवारंसाधयेत्सुधीः । भावयित्वाततः कार्या गुञ्जाद्वयमिता वटी ।।१०६४।।
अनुपानं प्रयोक्तव्यं जीरकं मधुसंयुतम् । जीर्णज्वरं महाघोरं चिरकालसमुद्भवम् ।।१०६५।।
ज्वरमष्टविधंहन्तिसाध्यासाध्यमथापिवा । पृथग्दोषांश्चविविधान्समस्तान् विषमज्वरान् ।।१०६६।।
मेदोगतं मांसगतमस्थिमज्जगतं तथा । अन्तर्गतं महाघोरं बहिःस्थञ्च विशेषतः ।।१०६७।।
नानादोषोद्भवञ्चैव ज्वरं शुक्रगतं तथा । निखिलं ज्वरनामानं हन्ति श्रीशिवनिर्मितः ।।१०६८।।
जयमङ्गलनामाऽयं रसः श्रीशिवनिर्मितः । बलपुष्टिकरश्चैव सर्वरोगनिबर्हणः ।।१०६९।।

1061-1069. Śrī Jayamangala Rasa:

Ingredients: *Hiñgulottha pārada*, purified *gandhaka*, purified *tañkaṇa*, *tāmra bhasma*, *vanga bhasma*, *svarṇamākṣika bhasma*, rock salt, *marica* (fruit powder), *svarṇa bhasma*, *kāntalauha bhasma*, *rajata bhasma* and *śephālika*, *daśamūla* and *kirātatikta*.

Process of Drug-Making: Take the following in quantity of 10 gm. each: *hiñgulottha pārada*, purified *gandhaka*, purified *tañkaṇa*, *tāmra bhasma*, *vanga bhasma*, *svarṇamākṣika bhasma*, rock salt, *marica* (fruit powder), *kāntalauha bhasma*, *rajata bhasma* along with *svarṇa bhasma* measuring 20 gm.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Get the mix impregnated with juice of *śephālika*, decoction of

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daśamūla and decoction of *kirātatikta* separately. Prepare pills measuring 250 mg. each and get them dried and safely packed.

Method of use/Administration: *Śrī Jayamangala Rasa* is to be taken with cumin powder and honey or any other suitable *anupāna*, normally in doses of 125 mg.

Therapeutic benefits: It is effective in different types of *jvara* (fever and its various conditions) like the following:

Jīrṇajvara-mahāghora, *cīrakalina jvara* (chronic and severe fever), *aṣṭavidha jvara* both curable and seemingly incurable, all types of *viṣamajvara*, *dhātugata jvara* (fever located/seated in *dhātus*), *medogata jvara*, *māmsagatjvara*, *asthigatajvara*, *majjāgata jvara*, *antarvegajvara*, *bahirvegajvara*, *śukragata jvara* and the like. The formulation, expounded by God Śiva, promotes strength and nourishes *dhātus*. It alleviates several diseases if taken with suitable *anupānas*.

ज्वरकुञ्जरपारीन्द्रो रसः–

मूर्च्छितं रसकर्षैकं तदर्धं जारिताभ्रकम् । तारं ताप्यञ्च रसजं रसकं ताम्रकं तथा ।।१०७०।।
मौक्तिकंविद्रुमंलौहंगिरिजंगैरिकं शिला । गन्धकं हेमसारञ्च पलार्द्धञ्च पृथक्-पृथक् ।।१०७१।।
क्षीरावीसरवल्लीचशोथघ्नीगणिकारिका । झाटामलाज्योत्स्निकाचसतिक्ताचसुदर्शना ।।१०७२।।
अग्निजिह्वा पूतितैला सूर्पपर्णी प्रसारिणी । प्रत्येक स्वरसं दत्त्वा मर्दयेत्त्रिदिनावधि ।।१०७३।।
भक्षयेत् पर्णखण्डेन चतुर्गुञ्जाप्रमाणतः । महाग्निकारको रोगसंकरघ्नः प्रयोगराट् ।।१०७४।।
सन्ततं सततान्येद्युस्तृतीयकचतुर्थकान् । ज्वरान्सर्वान्निहन्त्याशु भास्करस्तिमिरं यथा ।।१०७५।।
श्वासं कासं प्रमेहञ्च सशोथां पाण्डुकामलाम । ग्रहणीं क्षयरोगञ्च सर्वोपद्रवसंयुतम् ।
ज्वरकुञ्जरपारीन्द्रः प्रथितः पृथिवीतले ।।१०७६।।

1070-1076. Jvarakuñjarapārīndra Rasa:

Ingredients: *Rasasindūra*, *abhraka bhasma*, *rajata bhasma*, *svarṇamākṣika bhasma*, *rasānjan*, *kharpara bhasma*, *tāmra bhasma*, *muktā bhasma*, *pravāla bhasma*, *lauha bhasma*, purified *śilājatu*, purified *svarṇa gairika*, purified *manahśilā*, purified *gandhaka*, *svarṇa bhasma*, juice or decoction of *dugdhikā*, *ākāśabela* (or *tulasī*), *punarnavā*, *araṇī*, *bhūmyāmalakī*, *koṣatakī*, *kaṭuka*, *sudarśana*, *lāngalī*, *jyotiṣmatī*, *mudgaparṇī* and *gandhaprasāriṇī*.

Process of Drug-Making: Get the *rasasindūra* (purified) (12 gm.) along with *abhraka bhasma* measuring 6 gm. and 23 gm. each of *rajata bhasma*, *svarṇamākṣika bhasma*, *rasānjan*, *kharpara bhasma*, *tāmra bhasma*, *muktā*

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bhasma, *pravāla bhasma*, *lauha bhasma*, purified *śilājatu*, purified *ṣvarṇa gairika*, purified *manahśilā*, purified *gandhaka* and *svarṇa bhasma*.

Prepare *kajjalī* and mix the rest into it and subsequently ground the mix properly into a fine powder. Thereafter, process the mix through *bhāvanā* method for three days with each of the juice or decoction of *dugdhikā*, *ākāśabela* (or *tulasī*), *punarnavā*, *araṇī*, *bhūmyāmalakī*, *koṣatakī*, *kaṭuka*, *sudarśana*, *lāngalī*, *jyotiṣmatī*, *mudgaparṇī*, *gandhaprasāriṇī* separately. Finally, dry the preparation and keep it in a safe container.

Method of use/Administration: This medicine is to be taken in doses of 500 mg. with betel chewing pouch.

Therapeutic benefits: The drug promotes digestive power and eradicates all types of diseases, especially the following indispositions: *santanta*, *satata*, *anyedyuṣka*, *tṛitīyaka*, *caturthaka* and other types of *jvara*, *kāsa*, *śvāsa*, *prameha*, *śotha*, *pāṇḍu*, *kāmalā*, *grahaṇī*, *kṣaya*. This medicine is famous by the name of *Jvarakuñjara Pārīndra Rasa*.

विद्यावल्लभो रसः–

रसोम्लेच्छशिलातालाश्चन्द्रद्व्यग्न्यर्कभागिकाः।पिष्ट्वातान्सुषवीतोयैस्ताम्रपत्रोदरेक्षिपेत् ।।१०७७।।
न्यस्तंशरावेसंरुध्यबालुकायन्त्रगंपचेत् । स्फुटन्तिव्रीहयोयावत्तच्छिरःस्थाःशनैः-शनैः ।।१०७८।।
संचूर्ण्यशर्करायुक्तंद्विवल्लंभक्षयेत्ततः । विषमाख्याञ्ज्वरान्हन्ति तैलाम्लादिविवर्जयेत् ।।१०७९।।

1077-1079.Vidyāvallabha Rasa:

Ingredients: Purified *pārada*, *tāmrabhasma*, purified *manahśilā*, purified *haratāla* and juice of *kāravellaka* leaves.

Process of Drug-Making: Obtain the ingredients in the followng measures: purified *pārada* (12 gm.), *tāmrabhasma* (24 gm.), purified *manahśilā* (36 gm.) and purified *haratāla* (144 gm.). Compound all the ingredients into a powder and get the mix impregnated with juice of *kāravellaka* leaves. The *kalka* thus obtained should be pasted over copper flakes. These *tāmrapatras* are duly packed by following conventional method in *śarāva saṁpuṭa* which is placed in *Bālukā Yañtra*, filled with *bṛihī* (paddy). It is heated on fire till the paddy grains are roasted. The heat is gradually slowed down in order to complete the process of *pāka* (heating) properly. Finally remove the fuel and allow the apparatus to cool down itself to atmospheric temperature. Thereafter, remove out the *śarāva saṁpuṭa* from the apparatus and powder the preparation finely.

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Method of use/Administration: The medicine is to be taken in doses of two *valla* (750 mg). The patient while using this medicine, should avoid oil, chilly and citrus edibles.

Therapeutic benefits: It is a very effective treatment of the *viṣam jvara*.

(*Rasendra Cintāmani*)

शीतारिरसः–

कूष्माण्डक्षारचूर्णोदकतिलजपृथक्पाचितं शुद्धतालं
तुल्यं सूतेन पिष्ट्वा त्रिदिवसमसकृत् कारवेल्लद्रवेण ।
क्षिप्त्वा तत्खर्परान्तर्दिनपतिपिहितं रन्ध्रमप्यन्धयेत्तं
नीरन्ध्रं चूर्णपथ्यागुडलवणखटीमृद्भिरप्यन्तरालम् ।।१०८०।।
तद्वालुकापूर्णघटे निदध्याच्छनैः पचेत् तावदुपर्यमुष्य
व्रीहिर्विवर्णत्वमुपैति यावत्ततस्तु शीतं विदधीत चूर्णम् ।।१०८१।।
सिद्धं तच्च समाददीत तुलसीतोयेन वल्लोन्मितं
पश्चात् क्षौद्रकणासिताऽऽज्यपयसा कृत्वाऽनुपानं गदी ।
भुञ्जीताथ पयोऽन्नमुद्गससितं साम्यञ्च हन्यान्नृणां
तापं कालवशेन सञ्चितमयं शीतारिनामा रसः ।।१०८२।।

1080-1082. Śītari Rasa:

Ingredients: *Kūṣmaṇḍadaka* (*kṣāra-jāla*), *curṇodaka* (lime water), *tilakṣāra* (alkali of sesame seeds), *haratāla*, *pārada*, *kāravellaka*, *cūrṇa* (lime), *harītakī* powder, *guḍa* (jaggery), *lavaṇa* (salt), fine clay and chalk.

Process of Drug-Making: Take the following: *Kūṣmaṇḍadaka* (*kṣāra-jāla*), *curṇodaka* (lime water) and *tilakṣāra* (alkali of sesame seeds) and using each of them purify the *haratāla* (12 gm.) and *pārada* (12 gm.) using the *Dolā Yañtra*. Pound both of the purified *haratāla* and *pārada* into fine powder. Triturate the mixture along with the juice of *kāravellaka* through *bhāvanā* method and triturate it well for three days. This *kalka* is kept in *śarāva*. This *śarāva* should be topped with another *śarāva* containing the copper flakes (equal in quantity to *pārada*). Both the *śarāvas* should be joined and compacted tightly by layering and pasting with mixed *kalka* of *cūrṇa* (lime), *harītakī* powder, *guḍa* (jaggery) and *lavaṇa* (salt) as well as the fine clay and chalk. The pair of *śarāvas* should be subsequently put in the middle of a *Bālukā Yañtra* and should be heated properly. The upper layer of the sand in the *Bālukā Yañtra* should be covered with paddy grains. (It may be noted that the *Bālukā Yañtra* involves a pot filled up with sand).

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Slow fire is given to it and the process of heating is continued till the paddy stuff get roasted. Now heating should be discontinued and apparatus be allowed to be cooled down on its own to atmospheric temperature. Thereafter the apparatus is opened and the preparation is taken out. Finally, it is powdered and preserved in a suitable container or bottle as usually.

Method of use/Administration: This preparation is taken, with juice of *tulasī* leaves, in doses of one *valla* along with the juice of *tulasī* leaves. After taking the medicine, the patient should take any one of the honey, *pippalī* fruit powder (in measure of 500 mg.), or a little quantity of sugar, *ghṛita* or milk considering the aggravation of *doṣa* in context. When patient feels hungry, he should be served cooked rice with milk, *mudga* soup treated with little *ghṛitam*.

Therapeutic benefits: *Śītāri Rasa* alleviates fever that rises with feeling of either cold or burning sensation.

ज्वरशूलहरो रसः–

रसगन्धकयोःकृत्वाकज्जलींभाण्डमध्यगाम् । तत्राधोवदनांताम्रपात्रीं संरुध्य शोधयेत् ।।१०८३।।
पादाङ्गुष्ठप्रमाणेनचुल्ल्यां ज्वालेन तां दहेत् । यामद्वयं ततस्तत्स्थं रसपात्रं समाहरेत् ।।१०८४।।
चूर्णयेद्रक्तियुगलं तृतीयं वा विचक्षणः । ताम्बूलीदलयोगेन दद्यात्सर्वज्वरेष्वमुम् ।।१०८५।।
जीरसैन्धवसंलिप्तवक्त्राय ज्वरिणे हितम् । स्वेदोद्गमो भवत्येव देवि सर्वेषु पाप्मसु ।।१०८६।।
चातुर्थकादीन्विषमान् नवमागामिनं ज्वरम् । साधारणं सन्निपातं जयत्येष न संशयः ।।१०८७।।

1083-108. Jvaraśūlahara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka* and purified *tāmra pātra*.

Process of Drug-Making: Prepare *kajjalī* out of the purified *pārada* and purified *gandhaka* (20 gm. each). Put the *kajjalī* into an earthen pot or *śarāva*. The *śarāva* should be covered with a bowl containing purified *tāmra pātra* (12 gm.). Both of them should closed and packed tightly as per conventional technique. It is fixed in a *Bālukā Yañtra* that is set on fire produced with wood chips (of the size of a foot-thumb) for six hours. Later, when the apparatus cools down to atmospheric temperature, the product is taken out. Ground it into a fine powder.

Method of use/Administration: The medicine is to be taken in doses of 250 mg. or 375 mg. The patient should take *jīraka* and rock salt (both in equal quantities) mixed in honey and *tāmbūla* (betal) leaves before taking the medicine.

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Therapeutic benefits: This formulation is prescribed in various types of fever. It effects sweating of body and thus alleviates *caturthikā* and other kinds of *viṣam jvara*, acute and *sannipātta jvara*.

षडाननो रसः–

आरंकांस्यंमृतंताम्रंदरदंपिप्पलीं विषम् । तुल्यांशं मर्दयेत् खल्ले यामञ्च गुडुचीरसैः ।।१०८८।।
गुञ्जामात्रो रसो देयो गुञ्जामात्रं लिहेत्सदा । ज्वरे मन्दानले चैव वातपित्तज्वरेषु च ।।१०८९।।
ज्वरेवैषम्यतरुणे ज्वरे जीर्णे विशेषतः । मुद्गान्नं मुद्गयूषं वा तक्रभक्तञ्च केवलम् ।।१०९०।।
नारिकेलोदकं देयं मुद्गं पथ्यं विशेषतः । षडाननो रसो नाम सर्वज्वरकुलान्तकृत् ।।१०९१।।

1088-1091. Ṣaḍānana Rasa:

Ingredients: *Pīttala* (*aram*) (*bhasma*), *kānsya bhasma*, *tāmra bhasma*, purified *hiñgula*, *pippalī* powder, purified *vatsanābha* and juice of *guḍūcī*.

Process of Drug-Making: Take 12 gm. measure each of *pīttala* (*aram*) (*bhasma*), *kānsya bhasma*, *tāmra bhasma*, purified *hiñgula*, *pippalī* powder and purified *vatsanābha*. These (six) ingrediens are mixed and triturated in mortar. The compound is subsequently impregnated by juice of *guḍūcī* and triturated properly.

Method of use/Administration: *Ṣaḍānana Rasa* is to be taken, with honey in various kinds of *jvara* and other indisposition. When the patient feels hungry, cooked rice with pulse of *mudga*, *mudga yūṣa* (soup) and *takra* (butter milk) mixed in cooked rice should be given as wholesome diet. *Nārikelodaka* (watery fluid of coconut fruit) and *mudga yūṣa* (liquid soup and *mudga*) are also fit for the patient.

Therapeutic benefits: This *rasayoga* is effective in *jvara*, *viṣamajvara*, *taruṇajvara*, *jīrṇajvara*, *mandāgni*, *vātapitta jvara* and other complaints. It alleviates all types of fever.

This *Ṣaḍānana rasa* alleviates all types of *jvara*.

कल्पतरुरसः–

रसंगन्धंविषं ताम्रं समभागं विचूर्णयेत् । भावयेत्पञ्चभिः पित्तैः क्रमशः पञ्चवासरम् ।।१०९२।।
निर्गुण्डीस्वरसेनैव मर्दयेत्सप्तवासरान् । आर्द्रकस्य रसेनैव भावयेच्च त्रिधा पुनः ।।१०९३।।
सर्षपाभावटीकार्याछाययापरिशोषिता । ततः सप्तवटी योज्या यावन्न त्रिगुणा भवेत् ।।१०९४।।
वयोऽग्निदोषकंबुद्ध्वाप्रयोज्याभिषजांवरैः । अनुपानंचोष्णजलंकज्जलीपिप्पलीयुतम् ।।१०९५।।
पानावशेषे प्रस्वाप्य वस्त्रैराच्छादयेन्नरम् । घर्माभ्यागमनं यावत् ततो रोगात् प्रमुच्यते ।।१०९६।।

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रोगिणं स्नापयित्वा तु भोजयेत्ससितं दधि । एष कल्पतरुर्नाम रसः परमदुर्लभः ।।१०९७।।
असाध्यंचिरकालोत्थंजीर्णञ्चविषमज्वरम् । हन्तिज्वरातिसारौचग्रहणीं पाण्डुकामलाम् ।।१०९८।।
नदेयःश्वासकासे च शूलयुक्ते नरे तथा । गोपनीयः प्रयत्नेन न देयो यस्य कस्यचित् ।।१०९९।।

1092-1099. Kalpataru Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha* (root-powder), *tāmra bhasma*, *pañcapitta* (five types of *pitta*), juice of *nirgunḍī* leaves and juice of fresh ginger.

Process of Drug-Making: Collect equal parts of purified *pārada*, purified *gandhaka*, purified *vatsanābha* (root-powder) and *tāmra bhasma*. After preparing *kajjalī* of *pārada* and *gandhaka* mix the rest of other two components and triturate the compound well. Get this mixture triturated through *bhāvanā* method using each of the *Pañcapitta* (five types of *pitta*) separately for five days (e.g. one kind of *pitta* taken for one day). Process the mix with the juice of *nirgunḍī* leaves continuously for seven days. Subsequently, repeat the *bhāvanā* process with the use of juice of fresh ginger for three consecutive days, along with process of triturating. Finally, the pills of weight or size of mustard seeds are prepared and dried up in shade. Keep the pills in suitable container or bottle.

Method of use/Administration: Considering the age, digestive power and *doṣas* of the patient seven to twenty one pills could be taken along with 125 mg. measure of *kajjalī* and 500 mg. of *pippalī* powder. After taking the drug, the patient should lie duly covered with thick woolen clothes, so that he could sweat. Consequently the patient is relived from heat and temperature. Thereafter, the patient should take bath with lukewarm water. Yogurt mixed with sugar should be seved to him.

Therapeutic benefits: This formulation is known as *Kalpataru Rasa* which is a unique recipe. It is effective in treatment of chronic or prolonging incurable *jīrṇajvara*, *viṣam jvara*, common fever, *jvarātisāra*, *atisāra* (diarrhoea), *grahaṇī*, *pāṇḍu* and *kāmalā*. However, the medicine is restricted for use during treatment of certain diseases such as *śvāsa*, *kāsa* and *śūla*.

तालाङ्को रसः–
तालकस्यचभागौद्वौभागंतुत्थस्यशुक्तिका । चूर्णकानां चतुर्भागं मर्दयेत् कन्यकाद्रवैः ।।११००।।
यामैकेनततःपश्चाद्रुद्ध्वा गजपुटे पचेत् । अस्य गुञ्जाद्वयं हन्ति वातिकं पैत्तिकं तथा ।।
शीतज्वरं विशेषेण तृतीयकचतुर्थकौ ।।११०१।।

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1100-1101.Tālānka Rasa:

Ingredients: Purified *haratāla*, purified *tutthaka*, *suktibhasma* and juice or leaves-pulp of *ghṛitakumārī*.

Process of Drug-Making: Gather purified *haratāla* (24 gm.), purified *tutthaka* (12 gm.) and *suktibhasma* (36 gm.) and mix and ground all of them together. Triturate the mix together by juice or leaves-pulp of *ghṛitakumārī* and triturate the preparation for three hours. This material is kept in *śarāva saṁpuṭa* that is processed through *gajapuṭa*. After the apparatus cools down on its own, medicine is to taken out.

Therapeutic benefits: This recipe (in quantity of 250 mg.) is useful in dispositions like *vātika jvara*, *paittika jvara*, *śītajvara*, *tṛitīyaka jvara* and *caturthaka jvara*.

This preparation should not be revealed to everyone. Better it is should be kept confidential.

चन्द्रकला रसः (पित्तज्वरे)–

प्रत्येकंतोलमादायसूतंताम्रंतथाऽभ्रकम् । द्विगुणंगन्धकंचैवकृत्वा कज्जलिकां शुभाम् ।।११०२।।
मुस्तादाडिमतोयेन केतकीमूलवारिणा । सहदेव्याः कुमार्याश्च पर्पटोशीरमागधि ।।११०३।।
श्रीखण्डंसारिवाचैषांसमानं चूर्णकं क्षिपेत् । द्राक्षाफलकषायेण सप्तधा परिभावयेत् ।।११०४।।
छायाशुष्कंविधायाथवटीकार्या चणोपमा । महाचन्द्रकलानाम्ना रसेन्द्रोऽयं निरूपितः ।।११०५।।
अम्लपित्तप्रशमनः प्रदरध्वंसकारकः । अन्तर्बाह्यमहादाहविध्वंसनघनाघनः ।।११०६।।
ग्रीष्मकाले शरत्काले विशेषेण प्रशस्यते । रसमूर्च्छारक्तपित्तपित्तज्वरदवानलः ।।११०७।।
मूत्रकृच्छ्राणि सर्वाणि प्रमेहानपि दुस्तरान् । हरत्येष रसो नूनं देहे चन्द्रकलाप्रदः ।।११०८।।

1102-1108. Candrakalā Rasa:

Ingredients: Purified *pārada*, *tāmra bhasma*, *abhraka bhasma*, purified *gandhaka*, juices of *nāgaramusta*, *dāḍima*, *ketakī*, *sahadevī* and *ghṛitakumārī*, *parpaṭa*, *uśīra*, *pippalī*, *candana*, *śārivā* and *drākṣā*.

Process of Drug-Making: Obtain 12 gm. each of purified *pārada*, *tāmra bhasma*, *abhraka bhasma* along with purified *gandhaka* measuring 24 gm. Prepare *kajjalī* of *pārada* and *gandhaka* and mix the rest of two drugs into it. Compound the mix together with juices of each of the following herbs separately for one whole day: *nāgaramusta*, *dāḍima*, *ketakī*, *sahadevī* and *ghṛitakumārī*. Thereafter, mix the preparation with 12 gm. measure each of the *parpaṭa*, *uśīra*, *pippalī*,

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candana and *śārivā*. Finally, also get the compound processed through *bhāvanā* method by using the *drākṣā* for seven consecutive times.

Subsequently, the pills are prepared in size or or weight of gram nut.

Method of use/Administration: *Candrakalā Rasa* is to be taken in suitable doses (1-3 pills or pills) and *anupāna* (specifically anti-*pitta* ones), by keeping the gastric powder of patient in view.

Therapeutic benefits: The formulation is prescribed for various ailments including *āmlapitta*, *pradara*, *antardāha*, *bahirdāha*, fainting due to intoxication, *raktapitta*, *pittajvara*, all types of urinary disorders and all kinds of *prameha* that are otherwise difficult to cure.

(*Rasratna Samuccaya*)

पर्पटीरसः (श्लेष्मज्वरे)–

शुद्धसूतं द्विघा गन्धं मर्द्यं भृङ्गरसेन च । मृतं ताम्रं लौहभस्म पादांशेन तयोः क्षिपेत् ।।११०९।।
लौहपात्रे च विपचेच्चालयेल्लौहचाटुना । तत्क्षिपेत्कदलीपत्रे गोमयोपरि संस्थिते ।।१११०।।
तत्क्षिपेत्चूर्णयेत्खल्लेनिर्गुण्ड्याभावयेद्दिनम्।जयन्तीत्रिफलाकन्यावासाभार्गीकटुत्रिकैः।।११११।।
भङ्गाग्निमूलमुण्डीभिर्भावयेद्दिनसप्तकम् । अङ्गारैःस्वेदयेत्किञ्चित्पर्पटाख्यो महारसः ।।१११२।।
चतुर्गुञ्जामितोभक्ष्यसम्यक्श्लेष्मज्वरं जयेत् । पथ्याशुण्ठ्यमृताक्वाथनुपाने प्रयोजयेत् ।।१११३।।

1109-1113. Parpaṭī Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, juice of *bhṛingarāja*, *tāmra bhasma*, *lauha bhasma*, decoctions or juices of *jayantī*, *tṛiphalā* herbs, *kumārī*, *vāsa*, *bhārgī*, *tṛikaṭu* herbs, *citraka* and *munḍī*.

Process of Drug-Making: Obtain purified *pārada* (one part) and purified *gandhaka* (two parts) and triturating them into a *kajjalī* mortar the same along with juice of *bhṛingarāja*. Add *tāmra bhasma* and *lauha bhasma* (both ¼ part of the preparation) to the compound and cook it in an iron vessel. Meanwhile, one should continue to stir the preparation with an iron rod. When the same turns into a semi-liquid shape, it should be put as thick covering on a banana leaf spread on cow's dung. Thus a '*parpaṭī*' (dried thick layer) of the medicine is prepared. Saturate and triturate the *parpaṭī* along with *nirgunḍī rasa* for one whole day. Thereafter, the preparation is further *bhāvanā* - processed for 11 days taking the decoctions or juices of the following plants: *jayantī*, *tṛiphalā* herbs, *kumārī*, *vāsa*, *Bhārgī*, *tṛikaṭu* herbs, *citraka* and *munḍī* (i.e. using one herb for one full day for the purpose) Subsequently dry the preparation by putting it on heat.

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Method of use/Administration: This drug is to be taken along with *anupāna* of the decoction of *harītakī*, dried ginger and *guḍūcī*.

(*Rasendra Sār Sangraha*)

त्रैलोक्यचिन्तामणिरसः–

भागद्वयंस्वर्णभस्मद्विभागंतारमभ्रकम् । लौहात्पञ्च प्रवालञ्च मौक्तिकं वह्निभागिकम् ।।१११४।।
भस्मसूतंसप्तभागं सर्वं मर्द्यन्तु कन्यया । छायाशुष्का वटी कार्या छागीदुग्धानुपानतः ।।१११५।।
क्षयं हन्ति तथा कासं गुल्मं चापि प्रमेहनुत् । जीर्णज्वरहरश्चायमुन्मादस्य निकृन्तनः ।।१११६।।
सर्वरोगहरश्चापि वारिदोषनिवारणः ।।१११७।।

1114-1117. TrailokyaCintāmaṇi rasa:

Ingredients: *Suvarṇa bhasma*, *rajata bhasma*, *abhraka bhasma*, *lauha bhasma*, *pravāla bhasma*, *muktā bhasma*, *pārada bhasma* and *ghṛitakumārī* juice.

Process of Drug-Making: Take two parts each of *suvarṇa bhasma*, *rajata bhasma*, *abhraka bhasma* along with the *lauha bhasma* (5 parts), *pravāla bhasma* (3 parts), *muktā bhasma* (3 parts) and *pārada bhasma* (7 parts). Get all the ingredients combined and triturated in a mortar. Triturate the preparation along with *ghṛitakumārī* juice (7 parts) for one or two days. Prepare pills in measure of 125 mg. each and dry them under shade.

Method of use/ Administration and Therapeutic benefits: *Trailokyacintāmaṇi rasa* is to be taken in doses of 125 mg., with goat's milk in *kṣaya*, *kāsa*, *gulma*, *prameha*, *jīrṇajvara*, *unmāda* and *jaladoṣa*. In addition, it alleviates many other diseases if administered with suitable *anupāna*.

(*Rasendra Cintāmani*)

महाराजवटी–

रसगन्धकमभ्रञ्च प्रत्येकं कर्षसम्मितम् । वृद्धदारकवङ्गञ्च लौहं कर्षार्द्धकं क्षिपेत् ।।१११८।।
स्वर्णं ताम्रं कर्पूरञ्च प्रत्येकं कर्षपादिकम् । शक्राशनं वरी चैव श्वेतसर्जलवङ्गकम् ।।१११९।।
कोकिलाक्षंविदारीचमुषलीशूकशिम्बिकम् । जातीफलंतथाकोषं बला नागबला तथा ।।११२०।।
माषद्वयमितं भागं तालमूल्या रसेन च । पिष्ट्वा च वटिका कार्या चतुर्गुञ्जाप्रमाणतः ।।११२१।।
मधुना भक्षयेत्प्रातर्विषमज्वरशान्तये । धातुस्थांश्च ज्वरान् सर्वान् हन्यादेव न संशयः ।।११२२।।
वातिकंपैत्तिकञ्चैवश्लैष्मिकंसान्निपातिकम् । ज्वरंनानाविधंहन्ति कासं श्वासं क्षयन्तथा ।।११२३।।
नलपुष्टिकरंनित्यं कामिनीं रमयेत्सदा । न च शुक्रं क्षयं याति न बलं ह्रासतां व्रजेत् ।।११२४।।
ऊर्ध्वगंश्लेष्मजं हन्ति सन्निपातं सुदारुणम् । कामलां पाण्डुरोगञ्च प्रमेहं रक्तपित्तकम् ।।
महाराजवटी ख्याता राजयोग्या च सर्वदा ।।११२५।।

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1118-1125.Māharaja Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *abhraka bhasma*, *vṛiddhadaruka*, *vanga bhasma*, *lauha bhasma*, *svarṇa bhasma*, *tāmra bhasma*, *karpūra*, purified *vijayā* (leaves), *śatāvarī* (root), *śveta sarjaka* (exudates), *lavanga* (dried bud), *kokilākṣa* (seeds), *vidārī* (tuber), *muśalī* (tuber), *vānarī* (seeds), *jātīphala*, *jātīkoṣa*, *balā* (root) and *nāgabalā* (root).

Process of Drug-Making: Get purified *pārada*, purified *gandhaka*, purified *abhraka bhasma* each measuring 80 gm. and 40 gm. each of *vṛiddhadaruka*, *vanga bhasma*, *lauha bhasma* along with 20 gm. of *svarna bhasma*, *tāmra bhasma* and *karpūra*. Also take 10 gm. powder each of the purified *vijayā* (leaves), *śatāvarī* (root), *śveta sarjaka* (exudates), *lavanga* (dried bud), *kokilākṣa* (seeds), *vidārī* (tuber), *muśalī* (tuber), *vānarī* (seeds), *jātīphala*, *jātīkoṣa*, *balā* (root) and *nāgabalā* (root). Prepare *kajjalī* of *pārada* and *gandhaka* and mix the rest of ingredients into it. Compound the mix together into a fine powder. Get the preparation saturated with juice or decoction of *tālamūli* (*muśalī*) and triturate the same. Prepare pills of 500 mg. and have them dried under shade and kept in container.

Method of use/Administration: The medicine should be taken in doses of one pill with honey.

Therapeutic benefits: Taken along with various *anupānas*, the medicine is effective in curing *dhātugatajvara*, *vātikajvara*, *paittikajvara*, *ślaiṣmkajvara*, *sannipātikajvara* and fever of several types. It also alleviates *kāsa*, *śvāsa*, *kṣaya*, *kāmalā*, *pāṇḍu*, *prameha*, *raktapitta* and other diseases. This recipe promotes strength and nourishes the body.

Māharaja Vaṭī deserves the use of the royalty.

(*Rasendra Sār Sangraha*)

सर्वतोभद्ररसः–

विशुद्धं गगनं ग्राह्यं द्विकर्षं शुद्धगन्धकम् । कर्षैकं कर्षकार्द्धं च हिङ्गुलोत्थरसं तथा ।।११२६।।
कर्पूरं केशर मांसी तेजःपत्रं लवङ्गकम् । जातीकोषफलं चैव सूक्ष्मैला करिपिप्पली ।।११२७।।
कुष्ठं तालीसपत्रं च धातकी चोचमुस्तकम् । हरीतकी च मरिचं शृङ्गवेरबिभीतकम् ।।११२८।।
पिप्पल्यामलकंचैवशाणभागंविचूर्णितम् । सर्वमेकीकृतंपिष्ट्वावटींकुर्याद्द्विगुञ्जिकाम् ।।११२९।।
भक्षयेत्पर्णखण्डेनमधुनासितयाऽपिवा । रोगं ज्ञात्वाऽनुपानं च प्रातः कुर्याद्विचक्षणः ।।११३०।।
हन्तिमन्दानलान्सर्वानामदोषं विसूचिकाम् । पित्तश्लेष्मभवं रोगं वातश्लेष्मभवं तथा ।।११३१।।

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आनाहं मूत्रकृच्छ्रं च सङ्ग्रहग्रहणीं वमिम् । अम्लपित्तं शीतपित्तं रक्तपित्तं विज्ञेषतः ।।११३२।।
चिरज्वरंपित्तभवं धातुस्थं विषमज्वरम् । कासं पञ्चविधं हन्ति कामलां पाण्डुमेव च ।।११३३।।
सर्वलोकहितार्थाय शिवेन कथितः पुरा । सर्वतोभद्रनामाऽयं रसः साक्षान्महेश्वरः ।।११३४।।

1126-1134.Sarvatobhadra Rasa:

Ingredients: *Abhraka bhasma*, purified *gandhaka*, purified *pārada* (*hiñgulottha*), purified *karpūra*, *keśara* (flower part), *jaṭāmānsī* (root), *patraja* (dry bud), *lavanga* (fruit-part), *jātipatri* (fruit-seeds), *jātīkoṣa*, *laghu elā* (fruit/root), *gajapippalī* (root), *kuṣṭha* (root), *tālīśa* (leaves), *dhātakī* (bark/flowers), *taja* (*coca*) (bark), *nāgaramustaka* (root), *harītakī* (fruit part), *vibhītaka* (fruit part), *āmalakī* (frit part), dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit) and ginger.

Process of Drug-Making: Gather purified *pārada* (*Hiñgulottha*) (10 gm.), purified *gandhaka* (20 gm.), *abhraka bhasma* (40 gm.) along with 5 gm. each of purified *karpūra*, *keśara* (flower part), *jaṭāmānsī* (root), *patraja* (dry bud), *lavanga* (fruit-part), *jātipatri* (fruit-seeds), *laghu elā* (fruit/root), *gajapippalī* (root), *kuṣṭha* (root), *tālīśa* (leaves), *dhātakī* (bark/flowers), *taja* (chocha) (bark), *nāgaramustaka* (root), *harītakī* (fruit part), *vibhītaka* (fruit part), *āmalakī* (fruit part), dried ginger (*śunṭhī*), *marica* (fruit) and *pippalī* (fruit).

Prepare *kajjalī* of *pārada* and *gandhaka* and mix the rest of ingredients into it. Compound the mix together into a fine powder. Get the preparation impregnated with juice of ginger and other herbs. Finally, pills measuring 250 mg. may be made.

Method of use/Administration: This recipe should be given with chewing betel leaf or honey-sugar in morning. It may be used with suitable *anupāna* considering particular ailment in context.

Therapeutic benefits: The medicine is effective in *mandāgni*, *ānāha*, *viṣūcikā*, disordered *pitta* and *śleṣmā*, *mūtrakṛiccca*, *sangrahaṇī*, *vamana*, *āmlapitta*, *śītapitta*, *raktapitta*, *pittaja*, *jīrṇajvara*, *dhātugata viṣamajvara*, *kāsa*, *kāmalā*, *pāṇḍu* and certain other diseases.

The prescription has been propounded by God Śiva for the welfare of all and in that sense the recipe is Maheśvara itself.

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ज्वरार्यभ्रम्–

अभ्रं ताम्रं रसं गन्धं विषञ्चेतिसमं समम् । द्विगुणं धूर्त्तबीजञ्च व्योषं पञ्चगुणं मतम् ।।११३५।।
जलेन वटिकां कुर्याद् यथादोषानुपानतः । अभ्रं ज्वरारिनामेदं सर्वज्वरविनाशम् ।।११३६।।
वातिकान्पैत्तिकांश्चैवश्लैष्मिकान्सन्निपातिकान् ।
विषमाख्यान्द्वन्द्वजांश्चधातुस्थान्विषज्वरान् ।।११३७।।
प्लीहानंयकृतंगुल्ममग्रमांसं सशोथकम् । हिक्कां श्वासं च कासं च मन्दानलमरोचकम् ।।११३८।।
नाशयेन्नात्र सन्देहो वृक्षमिन्द्राशनिर्यथा ।।११३९।।

1135-1139.Jvarāryabhra:

Ingredients: *Abhraka bhasma*, *tāmrabhasma*, purified *pārada*, purified *gandhaka*, purified *vatsanābha* (root), purified *dhatturā* seeds and *tṛikaṭu* herbs.

Process of Drug-Making: Obtain 50 gm. each of *abhraka bhasma*, *tāmrabhasma*, purified *pārada*, purified *gandhaka*, purified *vatsanābha* (root) along with the powders of 100 gm. of purified *dhatturā* seeds and 85 gm. of *tṛikaṭu* herbs (each measuring equal quantities). Prepare *kajjalī* of *pārada* and *gandhaka* and mix the rest of ingredients into it. Compound the mix together into a fine powder. This mixture should be triturated well along with water in order to make a *kalka* that can be utilized for making pills of 125 mg. size. Finally, dry the pills under shade.

Method of use/Administration: The medicine is to be taken along with suitable *anupāna*.

Therapeutic benefits: This medicine is effective in checking various types of fever and some other diseases. It eradicates *vātikajvara*, *paittika jvara*, *sannipātika jvara*, *viṣamajvara*, *dvandaja jvara*, *dhātugata viṣamajvara*, *plīhāvṛiddhi*, *yakṛidvṛiddhi*, *gulma*, *agramāmsa*, *śotha*, *hikkā*, *kāsa*, *śvāsa*, *agnimāndya* (diminished appetite) and *aruci* (anorexia). These diseases are destroyed by the medicine as effectively as lightening eliminates the trees.

(*Rasendra Sār Sangraha*)

जीवनानन्दाभ्रम्–

वज्राभं मारितं कृत्वा कर्षयुग्मं विचूर्णितम् । जीरं कनकबीजञ्च कर्षं वासारसेन च ।।११४०।।
कण्टकारीरसेनैव धात्रीमुस्तरसेन च । गुडूच्याः स्वरसेनैव पलांशेन पृथक् पृथक् ।।११४१।।
मर्दयित्वावटीकार्यागुञ्जामात्राप्रयोजिता । विषमाख्याञ्ज्वरान्सर्वान्प्लीहानंयकृतंवमिम् ।।११४२।।
रक्तपित्तंवातरक्तं ग्रहणीं श्वासकासकौ । अरुचिं शूलहृल्लासावर्शांसि च विनाशयेत् ।।११४३।।
जीवनानन्दनामेदमभ्रं वृष्यं बलप्रदम् । रसायनवरं श्रेष्ठमग्निसन्दीपनं परम् ।।११४४।।

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1140-1144. Jīvanānadābhra:

Ingredients: *Vajrābhraka bhasma*, *jīraka* powder, purified *dhatturā* seeds, juice of *vāsa* leaves, *kañṭakārī*, *āmalakī*, *musta* and *guḍūcī*.

Process of Drug-Making: Gather *vajrābhraka bhasma* (50 gm.) and *jīraka* powder and purified *dhatturā* seeds each in 25 gm. measure. Ground all of these into a fine powder. It is impregnated by juice of *vāsa* leaves, *kañṭakārī*, *āmalakī*, *musta* and *guḍūcī* one by one and is subsequently triturated. Finally, pills of 125 mg. weight should be prepared, dried and kept in a suitable container.

Method of use/Administration: It is taken in doses of one pill.

Therapeutic benefits: *Jīvanāndābhra Rasa* is effective in alleviation of all types of *viṣamajvara*, *plīhāvṛiddhi*, *yakṛidvṛiddhi*, *vamana*, *raktapitta*, *vātarakta*, *grahaṇī*, *śvāsa*, *kāsa*, *aruci* (anorexia), *śūla*, *hrillāsa* and *arśa roga*. This recipe is aphrodisiac and is counted among excellent rejuvenating and restorative drugs. It promotes strength and *agni* (digestive power).

(*Rasrāj Sundara*)

चन्दनादिलौहम्–

रक्तचन्दनह्रीवेरपाठोशीरकणाशिवा–
नागरोत्पलधात्रीभिस्त्रिमदेनसमन्वितः । लौहोनिहन्तिविविधान् समस्तान् विषमज्वरान् ।।११४५।।

1145. Candanādi Lauham:

Ingredients: *Raktacandana* (heart wood), *hṛivera* (root/herb), *pāṭhā* (root/plant), *uśīra* (root), *pippalī* (fruit), *harītakī* (fruit-part), dried ginger, *kamala* (leaves), *dhātrī* (fruit-part), *viḍanga* (seeds), *musta* (root), *citraka* (root) and *lauha bhasma*.

Process of Drug-Making: Take 12 gm. each of the following: *raktacandana* (heart wood), *hṛivera* (root/herb), *pāṭhā* (root/plant), *uśīra* (root), *pippalī* (fruit), *harītakī* (fruit-part), dried ginger, *kamala* (leaves), *dhātrī* (fruit-part), *viḍanga* (seeds), *mustaka* (root), *citraka* (root) along with *lauha bhasma* measuring 144 gm. (i. e. equal to the combined weight of the rest of the ingredients). Compound them together and mortar the compound into a fine powder.

Therapeutic benefits: *Candanādi Lauha* alleviates all types of *viṣamajvara*.

(*Rasendra Sār Sangraha*)

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विषमज्वरान्तकलौहम् (प्रथमम्)–

कैरातो वरतिक्तश्च सुरभूरुह एव च । पृश्निपर्णी शिला व्योषं त्रायमाणा गुडूचिका ।।११४६।।
पिचुमर्दः पटोलं च तेजनीमूलमेव च । खर्परो गगनं चापि तुल्यभागानि कारयेत् ।।११४७।।
सर्वैस्तुल्यं तीक्ष्णलौहभस्म तत्रापि योजयेत् । जलेन सह संमर्द्य सर्वं चैकत्र यत्नतः ।।११४८।।
गुञ्जाचतुष्टयमिताविदध्याद्वटिकाभिषक् । विषमज्वरान्तकस्यास्यलौहस्य ननु सेवनात् ।।११४९।।
किराततिक्तकक्वाथानुपानेनसमं सदा । प्लीहाग्निमन्दताकार्श्य-मकृच्छोथयुता ज्वराः ।
नानाविधाविनश्यन्ति यथा सूर्योदयात्तमः ।।११५०।।

1146-1150. Viṣamajvarāntaka Lauham (first recipe):

Ingredients: *Kirātatikta* (root), *parpaṭī* (leaves), *devadāru*, *pṛiśniparṇī* (plant), *manahśilā* (purified), *tṛikaṭu* herbs, *trāyamāṇā* (root), *guḍūcī* (stem), *picumarda*, *paṭola* (leaves), *mūrvā* (*mūla*), *kharpara* (purified), *abhraka bhasma* and *tīkṣana lauha bhasma*.

Process of Drug-Making: Obtain powders of all of the following materials in measure of 12 gm. each: *kirātatikta* (root), *parpaṭī* (leaves), *devadāru*, *pṛiśniparṇī* (plant), *manahśilā* (purified), *tṛikaṭu* herbs, *trāyamāṇā* (root), *guḍūcī* (stem), *picumarda*, *paṭolakam* (leaves), *mūrvā* (*mūla*), *kharpara* (purified), *abhraka bhasma* along with 180 gm. measure of *tīkṣana lauha bhasma*. Combine them together and mortar the compound along with water. Dry the preparation subsequently.

Method of use/Administration: This medicine is to be taken in doses of 125 mg. to 500 mg. along with the decoction of *kirātatikta*.

Therapeutic benefits: The medicine is effective in all types of fever, *viṣamajvara*, *plīhā roga*, *agnimāndya* (diminished appetite), *kṛiśtā*, *śotha*, *yakṛidvikāra* and allied diseases.

विषमज्वरान्तकलौहम् (द्वितीयम्)–

पारदं गन्धकं तुल्यं सूतार्द्धं जीर्णताम्रकम् । ताम्रतुल्यं माक्षिकञ्च लौहं सर्वसमं नयेत् ।।११५१।।
जयन्त्याः स्वरसेनैव कोकिलाक्षरसेन च । वासकार्द्रपर्णरसैः पञ्चधा च विमर्दयेत् ।।११५२।।
पृथक्कलायमानांतु वटिकां कारयेद्भिषक् । विषमज्वरान्तकोऽयं विषमज्वरनाशनः ।।११५३।।
वह्निदीप्तिकरोहृद्यःप्लीहगुल्मविनाशनः । चक्षुष्यो बृंहणो वृष्यः श्रेष्ठः सर्वरुजापहः ।।११५४।।

1151-1154. Viṣamajvarānataka Lauham (second recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *svarṇamākṣika bhasma*, *lauha bhasma*, *jayantī* (leaves), *kokilākṣa* (seeds), *vāsaka* (leaves), *ārdraka* (rhizome), *nāgavallī* (leaves).

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Process of Drug-Making: Take the following: purified *pārada* (12 gm.), purified *gandhaka* (12 gm.), *tāmra bhasma* (6 gm.), *svarṇamākṣika bhasma* (6 gm.) and *lauha bhasma* (36 gm.). Prepare *kajjalī* of *pārada* and *gandhaka* and mix the rest of ingredients into it. Compound the mix together into a fine powder. This mixture should be triturated well. Mortar the preparation along with the juices of following herbs separately for five times each: *jayantī* (leaves), *kokilākṣa* (seeds), *vāsaka* (leaves), *ārdraka* (rhizome), *nāgavallī* (leaves). Finally make pills out of the preparation in measure of 375 mg. each and dry them.

Therapeutic benefits: This formula, known as *Viṣamajvarāntaka Lauha* alleviates *viṣamajvara*. It promotes the digestive power and tones up heart muscles. It alleviates *plīhāroga* and *gulma* and is beneficial to eyes. As a matter of fact it nourishes whole body and acts also as aphrodisiac and painkiller.

(*Rasendra Sār Sangraha*)

विषमज्वरान्तकलौहम् (बृहत्)–

शुद्धंसूतंतथा गन्धं कारयेत्कज्जलीं शुभाम् । मृतसूतं हेम तारं लौहमभ्रं च ताम्रकम् ।।११५५।।
तालसत्त्वंवङ्गभस्ममौक्तिकंसप्रवालकम् । सुवर्णमाक्षिकं चापि चूर्णयित्वा विभावयेत् ।।११५६।।
निर्गुण्डीनागवल्ली च काकमाची सपर्पटी । त्रिफला कारवेल्लं च दशमूली पुनर्नवा ।।११५७।।
गुडूचीवृषकश्चापिसभृङ्गःकेशराजकः।एतेषांचरसेनैवभावयेत्त्रिदिनं पृथक् ।।११५८।।
गुञ्जामानांवटींकुर्याच्छास्त्रवित्कुशलोभिषक् । पिप्पलीगुडकेनैवलिहेच्चवटिकांशुभाम् ।।११५९।।
ज्वरमष्टविधं हन्ति निरामं साममेव वा । सप्तधातुगतं चापि नानादोषोद्भवं तथा ।।११६०।।
सततादिज्वरंहन्तिसाध्यासाध्यमथापिवा । अभिघाताभिचारोत्थं ज्वरं जीर्णं विशेषतः ।।११६१।।

1155-1161. Viṣamajvarāntaka Lauham (major recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *mṛitasūta* (*pārada bhasma*), *svarṇa bhasma*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, *tāmrabhasma*, *haritāla sattva*, *vangabhasma*, *muktā bhasma*, *pravāla bhasma*, *suvarṇamākṣika bhasma*, juices of *nirgunḍī* (root/leaves), *tāmbūla* (leaves), *kākamācī* (leaves/plant), *parpaṭa* (plant), *triphalā* (fruit-parts) *kāravellaka* (fruit), *daśamūla* herbs, *punarnavā* (root), *guḍūcī* (stem), *vāsa* (leaves/root), *bhṛingarāja* (herb) and *keśarāja* (*kṛiṣṇa bhṛingarāja*).

Process of Drug-Making: Get the following in equal parts: purified *pārada*, purified *gandhaka*, *mrtasūta* (*pārada bhasma*), *svarṇa bhasma*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, *tāmrabhasma*, *vangabhasma*, *muktā bhasma*, *pravāla bhasma*, *suvarṇamākṣika bhasma* and *haritāl sattva*. Prepare *kajjalī* of

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pārada and *gandhaka* and mix the rest of ingredients into it. Compound the mix together into a fine powder. Get the preparation impregnated for one day each with juices of the following herbs taken separately: *nirgundī* (root/leaves), *tāmbūla* (leaves), *kākamaci* (leaves/plant), *parpaṭa* (plant), *triphalā* (fruit-parts) *kāravellaka* (fruit), *daśamūla* herbs, *punarnavā* (root), *guḍūcī* (stem), *vāsa* (leaves/root), *bhṛingarāja* (herb) and *keśarāja* (*kṛiṣṇa bhṛingarāja*). Finally, pills of 125 mg.-weight should be prepared.

Method of use/ Administration and Therapeutic benefits: Taking one pill daily along with *pippalī* (pepper) and *guḍa* (jaggery) one can get cure from eight types of fever, *nirāma* or *sāma jvara*, *saptadhātugata jvara*, *satata* and other *jvara*, *jvara* caused by different *doṣas*, *sādhya* (curable) and *asādhya* (incurable) *jvara*, *abhighātaja jvara*, *abhicārajanya* (sorcery-generated) *jvara* and *jīrṇajvara* (chronic fever).

(*Rasendra Sār Sangraha*)

विषमज्वरान्तकलौहम् (पुटपक्वम्)–

हिङ्गुलसम्भवं सूटं गन्धकेन सुकज्जलीम् । पर्पटीरसवत्पाच्यं सूताङ्घ्रिहेमभस्मकम् ।।११६२।।
लौहं ताम्रमभ्रकञ्च रसस्य द्विगुणं तथा । वङ्गकं गैरिकञ्चैव प्रवालञ्च रसार्द्धकम् ।।११६३।।
मुक्ताशङ्खं शुक्तिभस्म प्रदेयं रसपादिकम् । मुक्तागृहे च संस्थाप्य पुटपाकेन साधयेत् ।।११६४।।
भक्षयेत्प्रातरुत्थाय द्विगुञ्जाफलमानतः । अनुपानं प्रयोक्तव्यं कणाहिङ्गु ससैन्धवम् ।।११६५।।
ज्वरमष्टविधंहन्ति वातपित्तकफोद्भवम् । प्लीहानं यकृतं गुल्मं साध्यासाध्यमथापि वा ।।११६६।।
सन्ततं सतताख्यञ्च विषमज्वरनाशनम् । कामलां पाण्डुरोगञ्च शोथं मेहमरोचकम् ।।११६७।।
ग्रहणीमामदोषञ्च कासं श्वासं च तत्र च । मूत्रकृच्छ्रातिसारञ्च नाशयेदविकल्पतः ।।११६८।।
अग्निञ्च कुरुते दीप्तं बलवर्णप्रसादनम् । विषमज्वरान्तकोऽयं धन्वन्तरिप्रकाशितः ।।११६९।।

1162-1169. Viṣamajvarāntaka Lauham
(Obtained through method of Puṭapakva):

Ingredients: *Hiñgulottha pārada* (purified *pārada*), *gandhaka*, *svarṇa bhasma*, *lauha bhasma*, *tāmra bhasma*, *abhraka bhasma*, *vanga bhasma*, purified *svarṇagairika*, *pravāla bhasma*, *muktā bhasma*, *śankha bhasma* and *śukti bhasma*.

Process of Drug-Making: Obtain the *hiñgulottha pārada* (purified *pārada*) and *gandhaka* in measure of 20 gm. each, *svarṇa bhasma* (5 gm.), 40 gm. each of the *lauha bhasma*, *tāmra bhasma*, *abhraka bhasma*, 10 gm. each of the *vanga bhasma*, purified *svarṇagairika*, *pravāla bhasma*, 5 gm. each of the *muktā bhasma*, *śankha bhasma* and *śukti bhasma*. First of all prepare *kajjalī* of *pārada*

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and *gandhaka* and mix the rest of ingredients into it. Compound the mix together into a fine powder. Triturate the compound thoroughly and pack it in *muktā śukti* and heat up the preparation through *puṭapāka*. When the apparatus cools down on its' own, remove out the product and make a fine powder out of it. Store the recipe in a suitable container.

Method of use/Administration: The medicine *Puṭapakva Viṣamajvarāntaka Lauha* is to be taken in doses of 250 mg. along with *pippalī* powder and fried asafoetida each measuring 250 mg., rock salt powder measuring a 3 gm. and honey.

Therapeutic benefits: This drug formulation alleviates various diseases such as: the eight kinds of fever caused by predominance of *vāta*, *pitta* and *kapha*, *plīhā vṛiddhi* (splenomegaly), *yakṛid vṛiddhi* (liver enlargement), *gulma* (abdominal lump or phantom tumour), curable and seemingly incurable *santata* and *satata* varieties of *viṣamajvara* (malarial or periodic fever), *kāmalā* and *pāṇḍu roga* (jauindice and anemia), *śotha* (edema), *prameha* (urinary anomalies and metabolic disorders), *aruci* (anorexia), *grahaṇī*, *āmadoṣa*, *kāsa* and *śvāsa*, *mūtrakṛiccha* (painful urination), *atisāra* (diarrhoea), and the like. It promotes digestive power and strength and refines the complexion of body. The medicine has been prescribed by the God Dhanvantarī.

(*Rasendra Sār Sangraha*)

सर्वज्वरहरलौहञ्च–

चित्रकं त्रिफला व्योषं विडङ्गं मुस्तकन्तथा । श्रेयसी पिप्पलीमूलमुशीरं देवदारु च ।।११७०।।
किराततिक्तकंवालंकटुकीकण्टकारिका । शोभाञ्जनस्यबीजञ्च मधुकं वत्सकं समम् ।।११७१।।
लौहतुल्यंगृहीत्वातु वटिकां कारयेद्भिषक् । सर्वज्वरहरो लौहः सर्वज्वरकुलान्तकृत् ।।११७२।।
वातिकं पैत्तिकं श्लैष्मं द्वन्द्वजं सान्निपातिकम् । जीर्णज्वरञ्च विषमं रोगसङ्करमेव च ।।११७३।।
प्लीहानमग्रमांसञ्च यकृतञ्च विनाशयेत् ।।११७४।।

1170-1174. Sarvajvārāhara Lauham:

Ingredients: *Citraka* (root), *tṛiphalā* herbs (fruit-parts), *tṛikaṭu* herbs, *viḍanga* (fruits), *mustaka* (root), *gajapippalī* (root/fruit), *pippalīmūla* (root), *uśīra* (root), *devadāru* (heart-wood), *kirātatikita* (plant), *bālaka* (*sugandhabālā*) (root), *kaṭuka*

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(root), *kañṭakārī* (root/plant), *śigru* (seeds), *yaṣṭimadhu* (root), *vāsa* (root) and *lauhabhasma*.

Process of Drug-Making: Take 12 gm. each of *citraka* (root), *triphalā* herbs (fruit-parts), *trikaṭu* herbs, *viḍanga* (fruits), *mustaka* (root), *gajapippalī* (root/fruit), *pippalīmūla* (root), *uśīra* (root), *devadāru* (heart-wood), *kirātatikita* (plant), *bālaka* (*sugandhabālā*) (root), *kaṭuka* (root), *kañṭakārī* (root/plant), *śigru* (seeds), *yaṣṭimadhu* (root), *vāsa* (root) along with *lauhabhasma* measuring 240 gm., i. e. equal to the combined weight of the rest. Churn all the ingredients together and triturate the mix with addition of little water to it. Prepare pills 125 mg. each and dry them under shade and keep them in a suitable container.

Therapeutic benefits: It is prescribed in *vātika*, *paittika*, *kaphaja*, *dvandaja*, *jvaras*, *sannipātika jvara*, *jīrṇajvara*, *viṣamajvara*, *plīhāvṛiddhi*, *agramāmsa* and *yakṛidvṛiddhi*.

(*Rasendra Sār Sangraha*)

सर्वज्वरहरलौहम् (बृहत्)–

द्विपलंजारितंलौहंरसं गन्धं द्वितोलकम् । तोलकं त्रिफला व्योषं विडङ्गं मुस्तकं तथा ।।११७५।।
श्रेयसी पिप्पलीमूलं हरिद्रे द्वे च चित्रकम् । आर्द्रकस्य रसेनैव वटिकां कारयेद्भिषक् ।।११७६।।
गुञ्जाद्वयां वटीं कृत्वा भक्षयेदार्द्रकद्रवैः । सर्वज्वरहरो लौहः सर्वज्वरविनाशनः ।।११७७।।
वतिकं पैत्तिकञ्चैव श्लैष्मिकं सान्निपातिकम् । विषमज्वरभूतोत्थज्वरं प्लीहानमेव च ।।११७८।।
मासजंपक्षजञ्चैवयथासंवत्सरोत्थितम् । सर्वाञ् ज्वरान्निहन्त्याशु भास्करस्तिमिरं यथा ।।११७९।।

1175-1179. Sarvajvārāhara Lauham (major):

Ingredients: *Lauhabhasma*, purified *pārada*, purified *gandhaka*, *harītakī* (fruit-part), *āmalakī* (fruit-part), *vibhītaka* (fruit part), ginger, *marica* (fruit), *pippalī* (fruit), *viḍanga* (fruit), *mustaka* (root), *gajapippalī* (root), *pippalīmūla* (root), *haridrā* (rhizome), *dāruharidrā* (root) and *citraka*.

Process of Drug-Making: Obtain the following: 80 gm. of *lauhabhasma*, 20 gm. each of purified *pārada*, purified *gandhaka* and 10 gm. powder each of *harītakī* (fruit-part), *āmalakī* (fruit-part), *vibhītaka* (fruit part), dried ginger, *marica* (fruit), *pippalī* (fruit), *viḍanga* (fruit), *mustaka* (root), *gajapippalī* (root), *pippalīmūla* (root), *haridrā* (rhizome), *dāruharidrā* (root) and *citraka*. First, prepare *kajjalī* by combining *pārada* and *gandhaka* and mix the rest of ingredients into it. Ground the mixture thoroughly and prepare pills of 250 mg. measure each and get them dried and packed in a suitable container.

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Method of use/Administration: Take this *Bṛihat Sarvajvārāhara Lauham* in doses of one pill with juice of fresh ginger and honey.

Therapeutic benefits: It alleviates *vātika*, *paittika*, *śleṣmikajvara*, *sannipātika jvara*, *viṣama*, *bhūtabhiṣangotthit* and chronic types of fever as well as *plīhāvṛiddhi* ailing the patient since month, fortnight and a year.

सर्वज्वरहरलौहम् (बृहद् द्वितीयम्)–

पारदंगन्धकंशुद्धं ताम्रमभ्रञ्च माक्षिकम् । हिरण्यं तारतालञ्च कर्षमेकं पृथक् पृथक् ।।११८०।।
मृतकान्तं पलं देयं सर्वमेकीकृतं शुभम् । वक्ष्यमाणौषधैर्भाव्यं प्रत्येकं दिनसप्तकम ।।११८१।।
कारवेल्लरसेनापि दशमूलरसेन च । पर्पटस्य कषायेण क्वाथेन त्रैफलेन च ।।११८२।।
गुडूच्याः स्वरसेनापि नागवल्लीरसेन च । काकमाचीरसेनैव निर्गुण्ड्याः स्वरसेन च ।।११८३।।
पुनर्नवार्द्रकाम्भोभिर्भावनां परिकल्प्य च । रक्तिकादिक्रमेणैव वटिकां कारयेद्भिषक् ।।११८४।।
पिप्पलीगुडसंयुक्ता वटिका वीर्यवर्द्धिनी । ज्वरमष्टविधं हन्ति चिरकालसमुद्भवम् ।।११८५।।
विविधं वारिदोषोत्थं नानादोषोद्भवं तथा । सततादिज्वरं हन्ति साध्यासाध्यमथापि च ।।११८६।।
क्षयोद्भवञ्च धातुस्थं कामशोकभवं तथा । भूतावेशज्वरञ्चैव ऋक्षदोषभवं तथा ।।११८७।।
अभिघातज्वरञ्चैवमभिचारसमुद्भवम् । अभिन्यासं महाघोरं विषमञ्च त्रिदोषजम् ।।११८८।।
शीतपूर्वं दाहपूर्वं विषमं शीतलं ज्वरम् । प्रलेपकज्वरं घोरमर्द्धनारीश्वरं तथा ।।११८९।।
प्लीहज्वरंतथा कासं चातुर्थकविपर्ययम् । पाण्डुरोगगणान् सर्वानग्निमान्द्यं महागदम् ।।११९०।।
एतान्सर्वान्निहन्त्याशु पक्षार्द्धेनात्र संशयः । शाल्यन्नं तक्रसहितं भोजयेत्पक्षिमांसकम् ।।११९१।।
ककारपूर्वकं सव वर्जनीयं विशेषतः । मैथुनं वर्जयेत्तावद्यान्न बलवान् भवेत् ।
सर्वज्वरहरं श्रेष्ठमनुपानं प्रकल्पयेत् ।।११९२।।

1180-1192. Sarvajvarāhara Lauham (second major):

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma*, *svarṇabhasma*, *rajata bhasma*, purified *haratāla*, *kāntalauha bhasma*, *kāravellaka* (leaves), *daśamūla*, *parpaṭa*, *triphalā*, *guḍūcī*, *nāgavallī* (*tāmbūla*), *kākamācī*, *nirgundī*, *punarnavā* and *ārdraka*.

Process of Drug-Making: Take 10 gm. each of purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma*, *svarṇabhasma*, *rajata bhasma* and purified *haratāla* along with 40 gm. measure of *kāntalauha bhasma*. First, prepare *kajjalī* by combining *pārada* and *gandhaka* and mix the rest of ingredients into it. Ground the mixture thoroughly and triturate it through *bhāvanā* method for seven consecutive days using the following herbal liquids: *kāravellaka* (leaves) (juice), *daśamūla* (decoction), *parpaṭa* (decoction), *triphalā* (decoction), *guḍūcī* (juice), *nāgavallī* (*tāmbūla*) (juice), *kākamācī* (juice), *nirgundī* (juice), *punarnavā* (juice) and *ārdraka* (juice). Finally churn the

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preparation properly and prepare pills measuring 125 mg. and get them dried under shade. Preserve them in a suitable glass container.

Method of use/Administration: Take one pill of the medicine with powder of *pippalī* (375 mg.) and *guḍa* (jaggery) (6 gm.). When patient feels hungry, he should take buttermilk, birds' meat soup with *śāli* rice. The '*kakārapūrvaka*' (i. e. eatables named with the initials '*ka*') eatables and sexual intercourse are to be avoided.

Therapeutic benefits: The drug develops semen and alleviates following diseases: *aṣṭavidhajvara*, *jīrṇajvara*, *jaladoṣajanya jvara*, *anyodoṣajanya jvara*, *satata* and other types of fever, *sadhyasadhya jvara* (curable and seemingly incurable fever), *kṣayajvara*, *dhātugatajvara*, *kāmajvara*, *śokajvara*, *bhūtāveśajanya jvara*, *rākṣaja* or *nakṣatra doṣaja jvara*, *abhighātaja jvara*, *abhinyāsajvara* (*mahāghora* type), *viṣamajvara*, *tridoṣaja jvara*, *śīta* or *dāhapūrva jvara*, *pralepaka jvara*, *ardhāngagata jvara*, *plīhājvara*, *kāsa*, *caturthaka*, *viparyāyaka jvara*, *sarvapāṇḍu roga* and *agnimāndya* (diminished appetite). This recipe cures all these diseases if taken only for half a fortnight. The medicine eradicates all diseases when used with proper *anupānas*.

(*Rasendra Sār Sangraha*)

ज्वरान्तकलौहम् (बृहत्)–

रसंगन्धं तोलकं च जातीकोषफले तथा । हेमभस्म तु पादैकं तोलार्धं रूप्यलोहकम् ।।११९३।।
शिलाजत्वभ्रकंचैवभृङ्गराजं च मुस्तकम् । केशराजमपामार्गं लवङ्गं च फलत्रिकम् ।।११९४।।
वराङ्गवल्कलं चैव पिप्पलीमूलमेव च । सैन्धवं य विडं चैव गुडूचीचूर्णमेव च ।।११९५।।
कण्टकारीं रसोनं च धान्यकं जीरकद्वयम् । चन्दनं देवकाष्ठं च दार्वीन्द्रयवमेव च ।।११९६।।
किराततिक्तकं बालं तोलकं च समाहरेत् । द्वितोलं मरिचं देयं भावयेदार्द्रकद्रवैः ।।११९७।।
माषार्द्धंभक्षयेत्प्रातर्मधुना मधुरीकृतम् । ज्वरं नानाविधं हन्ति शुक्रस्थं चिरकालजम् ।।११९८।।
साध्यासाध्यविचारोऽत्रनैव कार्यो भिषग्वरैः । अन्तर्धातुगतं चैव नाशयेन्नात्र संशयः ।।११९९।।
भूतोत्थंश्रमजंचापि सन्निपातज्वरं तथा ।असाध्यं च ज्वरं हन्ति यथा सूर्योदयस्तमः ।।१२००।।
गरुडंच समालोक्य यथा सर्पः पलायते । तथैवास्य प्रसादेन ज्वरः सोपद्रवो ध्रुवम् ।।१२०१।।
बलदं पुष्टिदं चैव कामलापाण्डुरोगनुत् । सदा तु रमते नारीं न वीर्यं क्षयतां व्रजेत् ।।१२०२।।
प्रमेहं विविधं चैव विविधां ग्रहणीं तथा । अनुपानविशेषेण सर्वव्याधिं विनाशयेत् ।।१२०३।।

1193-1203. Jvarāntaka Lauham (Major Variety):

Ingredients: Purified *pārada*, purified *gandhaka*, *jātīkoṣa*, *jātīphala*, *svarṇa bhasma*, *rajata*, *lauha bhasmas*, *śilājitā*, *abhraka bhasma*, *bhṛingarāja*, *mustaka*,

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keśarāja, *apāmārga*, *clove*, *tṛiphalā herbs*, *varāngavalkala*, *pippalimūla*, rock salt, *viḍa* salt, *guḍūcī*, *kañṭakārī*, garlic pearls, coriander seeds, both types of cumin seeds, sandalwood, *deva dāru*, *dāru haridrā*, *indrayava*, *kirātatikta*, *sugandhabālā*, *marica*, juice of ginger and honey.

Process of Drug-Making: Obtain 10 gm. measure each of purified *pārada*, purified *gandhaka*, *jātīkoṣa*, *jātīphala* and 2.5 gm. of *svarṇa bhasma*. Also take 5 gm. measure each of *rajata* and *lauha bhasmas*, 10 gm. each of *śilājita* and *abhraka bhasma*. Apart from that, obtain 10 gm. each measure of the following: *bhṛingarāja*, *mustaka*, *keśarāja*, *apāmārga*, *clove*, *tṛiphalā herbs*, *varāngavalkala*, *pippalimūla*, rock salt, *viḍa* salt, *guḍūcī*, *kañṭakārī*, garlic pearls, coriander seeds, each of the both types of cumin seeds, sandalwood, *deva dāru*, *dāru haridrā*, *indrayava*, *kirātatikta* and *sugandhabālā*. Compound them together and mix the combination to the *kajjalī* prepared out of *pārada* and *gandhaka*. Add to the combination, 20 gm. measure of *marica* and saturatre it through *bhāvanā* method using the juice of ginger for seven consecutive times. Prepare pills measuring 1 gm. each.

Method of use/ Administration and Therapeutic benefits: Take pills along with honey. If taken with different *anupānas* it can remove all kinds of fever (affecting the semen, internal parts of body, fever caused due to excessive labour, fever caused by the demons, fever caused by *sannipātta*, chronic fever and the difficult cases of disease), 20 types of *prameha* (i.e. urinary disorders including diabetes), all types of *grahaṇī*, jaundice, anemia and impotency. It can even cure the incurable diseases. Therefore, one should not think twice to use this medicine. This medicines cures diseases the same way as the sun clears darkness. The fever exits the body in the same fashion as a snake runs away with the sight of *garuḍa*. This medicine also provides strength and stamina to the body. It provides aphrodisiac power and its users never feel shortage of semen.

(*Rasendra Sār Sangraha*)

ज्वरविद्रावणो रसः–

उपकुल्याऽतिविषाकट्वीनिम्बपत्रंसुचूर्णितम् । सिन्दूररसयुक्तोऽयंज्वरविद्रावणो रसः ।।१२०४।।

1204. Jvaravidrāvaṇa Rasa:

Ingredients: *Pippalī* powder, *ativiṣā*, *kaṭukī*, *nimba* leaves and *rasa sindūra*.

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Process of Drug-Making: Get the ingredients in equal parts and finely pulverize all these materials.

Method of use/Administration: Consume this medicine in doses of 125-250 mg. daily.

Therapeutic benefits: This medicine has the property of curing all types of fevers.

वसन्तमालतीरसः–

स्वर्णं मुक्ता दरदमरिचं भागवृद्ध्या प्रदिष्टं–
खर्पर्यष्टौ प्रथममखिलं मर्दयेद् म्रक्षणेन । यावत्स्नेहो ब्रजति विलयं निम्बुनीरेण तावद् ।।
गुञ्जाद्वन्द्वं मधुचपलया मालतीप्राग्वसन्तः ।।१२०५।।
सेवितोऽयं हरेत्तूर्णं जीर्णञ्च विषमज्वरम् ।।१२०६।।
व्याधीनन्यांश्च कासादीन् प्रदीप्तं कुरुतेऽनलम् ।।१२०७।।

1205-1207.Vasantamālatī Rasa:

Ingredients: *Svarṇa bhasma*, *muktā bhasma*, purified *hiñgula*, *marica* (fruit), *kharpara bhasma*, butter and lemon juice.

Process of Drug-Making: Take the following measures of the ingredients: *svarṇa bhasma* (12 gm.), *muktā bhasma* (24 gm.), purified *hiñgula* (36 gm.), *marica* (fruit) (48 gm.) and *kharpara bhasma* (96 gm.). Ground the mixture of drugs into a powder. Get the mix triturated by butter. Triturate the preparation further with lemon juice and continue the process till oily part is fully merged into it. Thereafter, prepare pills weighing 250 mg. each. Get them dried and packed in suitable container.

Method of use/Administration: *Vasantamālatī Rasa* should be given with honey, in doses of 250 mg. along with *pippalī* powder.

Therapeutic benefits: It alleviates chronic fever and other respiratory ailments i.e. bronchitis, bronchial asthma and the like. It also promotes digestive power.

(*Ras Paddhati*)

अपूर्वमालिनीवसन्तरसः–

वैक्रांतमभ्रंरविताप्यरौप्यं वंगप्रवालं रसभस्मलौहम् ।
सुटंकणंकंबुकभस्मसर्वंसमांशकंसेव्यवरीहरिद्राः ।।१२०८।।
द्रवैर्विभाव्यंमुनिसंख्ययाचमृगांकजाशीत करेणपश्चात् ।
वल्लप्रमाणोमधुपिप्पलीभिर्जीर्णज्वरेधातुगतेनियोज्यः।।१२९।।

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गुडूचिकासत्त्वसितायुतश्च सर्वप्रमेहेषु नियोजनीयः ।
कृच्छ्राश्मरीं निहन्त्याशु मातुलुङ्गाङ्घ्रिजैर्द्रवैः ।
रसो वसन्तनामाऽयमपूर्वो मालिनीपरः ।।१२१०।।

1208-1210. Apūrvamālinīvasanta Rasa:

Ingredients: *Bhasmas* of *vaikrānta*, *abhraka*, *tāmra*, *svarṇamākṣika*, *roupya* (*rajata*) *bhasma*, *vanga bhasma*, *pravāl bhasma*, *pārada bhasma*, *lauha bhasma*, *taṅkaṇa bhasma*, *śankha bhasma*, *kastūrī*, *karpūra*, *uśīra*, *śatāvarī* and *haridrā*, *kastūrī* and *karpūra*.

Process of Drug-Making: Gather equal parts of the *bhasmas* of *vaikrānta*, *abhraka*, *tāmra*, *svarṇamākṣika*, *roupya* (*rajata*), *vanga*, *pravāl*, *pārada*, *lauha*, *taṅkaṇa* and *śankha*. Ground the mixture of drugs into a powder. Get the mix triturated separately with the decoction or juice of *uśīra*, *śatāvarī* and *haridrā* for seven times each. Subsequently, add powder of *kastūrī* and *karpūra* into it properly.

Method of use/ Administration and Therapeutic benefits: The drug is used in doses of 375 mg. with honey and pepper powder for treatment of *dhātugata jvara*. For treating all types of *prameha*, it is given with *guḍūcī sattva* and sugar. In the ailments of *mūtrakṛicchra* and *aśmarī*, the recipe is given with *anupāna* of root-juice of *bījapūraka*.

(*Yoga Ratnākara*)

श्लेष्मशैलेन्द्ररसः (कफज्वरे)–

गन्धकं पारदं चाभ्रं त्र्यूषणं जीरकद्वयम् । शटी शृङ्गी यमानी च पुष्करं रामठं तथा ।।१२११।।
सैन्धवं यावशूकञ्च टङ्कणं गजपिप्पली । जातीकोषाजमोदे च लौहं यासलवङ्गकम् ।।१२१२।।
धुस्तूरबीजंजैपालंकट्फलंचित्रकंतथा । प्रत्येकं कार्षिकं चैषां श्लक्ष्णचूर्णं प्रकल्पयेत् ।।१२१३।।
पाषाणे विमले पात्रे घृष्टं पाषाणमुद्गरैः । बिल्वमूलरसं दत्त्वा चार्कचित्रकदस्तिकाः ।।१२१४।।
शिखरोफञ्जिकावासानिर्गुण्डीगणिकारिका । धुस्तूरंकृष्णाजीरञ्चपारिभद्रं च पिप्पली ।।१२१५।।
कण्टकार्यार्द्रयोश्चैव मूलान्येतानि दापयेत् । एषां मूलरसं दत्त्वा घृष्टमातपशोषितम् ।।१२१६।।
गुञ्जाप्रमाणांवटिकांकारयेत्कुशलोभिषक् । चतुःसंख्यांवटीं खादेन्नित्यमार्द्रकवारिणा ।।१२१७।।
उष्णतोयानुपायेनवातव्याधिंव्यपोहति । विंशतिं श्लैष्मिकांश्चैव शिरोरोगांश्च दारुणान् ।।१२१८।।
प्रमेहान्विंशतिं चैव पञ्चगुल्मनिषूदनः । उदराण्यन्त्रवृद्धिञ्चाप्यामवातविनाशनः ।।१२१९।।
पञ्चपाण्ड्वामयान्हन्तिक्रिमिस्थौल्यामयापहः।सोदावर्त्तज्वरंकुष्ठंगात्रकण्ड्वामयापहः ।।१२२०।।
यथा शुष्केन्धने वह्निस्तथा वह्निविवर्धनः । श्लेष्मामयिकृपाहेतो रसेन्द्रो मुनिभाषितः ।।१२२१।।
श्लैष्मशैलेन्द्रनाम्ना च रसेन्द्रगुटिका स्मृता ।।१२२२।।

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1211-1222. Śleṣmaśailendra Rasa:

Ingredients: Purified *gandhaka*, purified *pārada*, *abhraka bhasma*, dried ginger, *marica* (fruit), *pippalī* (fruit), *śveta jīraka* (fruit), *kṛiṣṇa jīraka* (fruit), *karcūra* (root), *karkaṭaśṛīngī* (galls), *yavānī*, *puṣkaramūla* (root), purified asafoetida, rock salt, *yavakṣāra*, purified *tañkaṇa* (borax), *gajapippalī* (root/fruit), *jātipatri* (fruit-part), *ajamodā* (fruit), *lauha bhasma*, *yavāsaka* (root/plant), *lavanga* (dry buds), purified *dhattūrā* (seed), purified *jayapāla* (seed), *kaṭphala* (bark), *citraka* (root), *bilva* (root), *arka* (root), *citraka* (root), *dantī* (root), *apāmārga* (root/herb), *laghujīvantī* (herb), *vāsa* (leaves/root), *nirgunḍī* (leaves/root), *agnimantha* (root/bark), *dhattūrā* (root/bark), black cumin seeds (fruit), *pāribhadra* (bark), *pippalī* (fruit), *kṣudra* (*kañṭakārī*) (root) and *ārdraka* (rhizome)

Process of Drug-Making: Take 12 gm. measure powder of each of the following: purified *gandhaka*, purified *pārada*, *abhraka bhasma*, dried ginger, *marica* (fruit), *pippalī* (fruit), *śveta jīraka* (fruit), *kṛiṣṇa jīraka* (fruit), *karcūra* (root), *karkaṭaśṛīngī* (galls), *yavānī*, *puṣkaramūla* (root), fried asafoetida, rock salt, *yavakṣāra*, purified *tañkaṇa* (borax), *gajapippalī* (root/fruit), *jātipatri* (fruit-part), *ajamodā* (fruit), *lauha bhasma*, *yavāsā* (root/plant), *lavanga* (dry buds), purified *dhattūrā* (seed), purified *jayapāla* (seed), *kaṭphala* (bark) and *citraka* (root). Mortar all of them together and triturate the mix along with juices of the following: *bilva* (root), *arka* (root), *citraka* (root), *dantī* (root), *apāmārga* (root/herb), *laghu jīvantī* (herb), *vāsa* (leaves/root), *nirgunḍī* (leaves/root), *agnimantha* (root/bark), *dhattūrā* (root/bark), black cumin seeds (fruit), *pāribhadra* (bark), *pippalī* (fruit), *kṣudra kañṭakārī* (root) and *ārdraka* (rhizome). Dry the preparation and make pills out of it in measure of 125 mg. each.

Method of use/Administration: Take four pills of the medicine along with ginger juice and warm water.

Therapeutic benefits: The medicine is effective in following diseases and allied indispositions: *vāta roga*s caused by aggravation of *vāta*, *kapharoga*s of 20 types, severe diseases of head, *prameha roga* of 20 types, abdominal lump or *gulmas* of 5 types, *āntravṛiddhi*, *āmavāta* (rheumatic disorders), *pāṇḍuroga*, worm infestation, *sthaulya* (obesity), *udāvartta*, *jvara* (fever of various types), *kuṣṭha* (various skin disorders including obstinate diseases of skin like leprosy), body itching, and the like. This formulation or *rasayoga* effectively promotes the digestive power or *jāṭharāgni* as the flames expand rapidly in dried wood. The

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recipes is particularly effective in alleviating indispositions caused by aggravation of *kapha*.

(*Rasendra Cintāmani*)

लक्ष्मीविलासरसः–

पलं कृष्णाभ्रचूर्णस्य तदर्द्धौ रसगन्धकौ । तदर्धं चन्द्रसंज्ञस्य जातीकोषफले तथा ।।१२२३।।
वृद्धदारकबीजं च बीजं धुस्तूरकस्य च । त्रैलोक्यविजयाबीजं विदारीमूलमेव च ।।१२२४।।
नारायणी तथा नागबला चातिबला तथा । बीजं गोक्षुरकस्यापि नैचुलं बीजमेव च ।।१२२५।।
एतेषां कार्षिकं चूर्णं पर्णपत्ररसैः पुनः । निष्पिष्य वटिका कार्या त्रिगुञ्जाफलमानतः ।।१२२६।।
निहन्तिसन्निपातोत्थान्घोरांश्चैवचतुर्विधान्।वातोत्थान्पैत्तिकांश्चैवनास्त्यत्रनियमःक्वचित् ।।१२२७।।
कुष्ठमष्टादशविधं प्रमेहान् विंशतिं तथा । नाडीव्रणं व्रणं घोरं गुदामयभगन्दरम् ।।१२२८।।
श्लीपदं कफवातोत्थं रक्तमांसाश्रितं च यत् । मेदोगतं धातुगतं चिरजं कुलसम्भवम् ।।१२२९।।
गलशोथमन्त्रवृद्धिमतीसारं सुदारुणम् । आमवातं सर्वरूपं जिह्वास्तम्भं गलग्रहम् ।।१२३०।।
उदरं कर्णनासाऽक्षिमुखवैकृतमेव च । कासपीनसयक्ष्मार्शःस्थौल्यदुर्गन्धनाशनः ।।१२३१।।
सर्वशूलं शिरःशूलं स्त्रीणां गदनिषूदनम् । वटिकां प्रातरेकैकां खादेन्नित्यं यथाबलम् ।।१२३२।।
अनुपानमिह प्रोक्तं माषपिष्टं पयो दधि । वारिभक्तसुरासीधुसेवनात् काकरूपधृक् ।।१२३३।।
वृद्धोऽपितरुणस्पर्धीनचशुक्रस्यसंक्षयः।नचलिङ्गस्यशैथिल्यं न केशा यान्ति पक्वताम् ।।१२३४।।
नित्यं स्त्रीणां शतं गच्छेन्मत्तवारणविक्रमः । द्विलक्षयोजनी दृष्टिर्जायते पौष्टिकः परः ।।१२३५।।
प्रोक्तः प्रयोगराजोऽयं नारदेन महात्मना । रसो लक्ष्मीविलासस्तु वासुदेवो जगत्पतिः ।
अभ्यासादस्य भगवांल्लक्षनारीषु वल्लभः ।।१२३६।।

1223-1236. Lakhsmivilaśa Rasa:

Ingredients: *Abhraka bhasma*, purified *pārada*, purified *gandhaka*, *karpūra*, *jātipatri*, *jātīphala*, *vṛiddhadāraka*(root), *dhattūrā* (seeds), *vijayā* (leaves), *vidārīkanda* (tubers), *śatāvarī* (roots), *gangeruki* (root/bark), *atibalā* (seeds/roots), *gokṣura* (fruits), *nicula* (*samuudraphala*) (fruits) and *tāmbūla pātra* or *nāgavallī* leaves.

Process of Drug-Making: Obtain *abhraka bhasma* (40 gm), 20 gm. each of purified *pārada*, purified *gandhaka*, *karpūra*, *jātipatri* and *jātīphala*, 10 gm. each of the *vṛiddhadāraka* (root), *dhattūrā* (seeds), *vijayā* (leaves), *vidārīkanda* (tubers), *śatāvarī* (roots), *gangeruki* (root/bark), *atibalā* (seeds/roots), *gokṣura* (fruits) and *nicula* (*samuudraphalā*) (fruits). First, prepare *kajjalī* of *pārada* and *gandhaka* and mix all remaining drug components into it. Grounding them into fine powder get the compound triturated along with juice of *tāmbūla pātra* or *nāgavallī* leaves and make pills of 375 mg. each out of thre preparation.

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Method of use/Administration: The medicine is to be taken in the morning hours in doses of one pill along with milk, yogurt and *kānji* or the like. The medicine should be taken continuously for one year.

The compatible diets and food articles during the medication include meat, *piṣṭi* or *māṣapiṣṭa* (regimens prepared from *kalka* of *māṣa* beans), milk and yogurt. Alcoholic drinks, liquors and the like are also advised.

Therapeutic benefits: It has been effective in treatment of different types of fever (including *sannipātajvara*) and other various diseases, such as: eighteen types of *kuṣṭha*, twenty types of *prameha*, *nāḍivraṇa* (sinus), *ghoravraṇa* (serious and deep ulcer), *guḍaroga* or *gudāmaya* (ano-rectal diseases), *bhagandara* (fistula-in-ano), *ślīpada* (filariasis), *kaphavātajanya roga*, *raktamāmsagata roga*, *dhātugata roga* (diseases in *dhātus*), *medogata roga*, *śukragata vikāra*, chronic ailments, *kulajaroga* (hereditary diseases), *galaśotha* (inflamed throat), *āntravṛiddhi* (hernia), *sudāruṇa atisāra* (severe diarrhoea), *sarvarūpa āmavāta*, *jihvāstambha* (tongue ailment), *galagraha* (throat ailment), *udaravikāra* (abdominal diseases), *karṇaroga* (ear diseases), *nāsāroga* (nasal diseases), *mukharoga* (diseases of buccal cavity), *kāsa* (bronchitis), *pīnasa*, *kṣaya* (consumption), *arśa* (harmorrhoids), *sthaulya* (obesity), *gātradaurgandhya* (body odour), *sarvaśūla* (all types of colic), *śirahśūla* (headache) and *strīroga* (diseases of women). It was first suggested by the celestial seer Nārada to God Kṛiṣṇa who enjoyed love and affection of thousands of ladies. As a result of regular use of this drug, an old or aged person gains potency as his sexual organs attain strength. Such person (who is using this medicinal recipe) attains great sexual power and capacity to copulate one hundred women daily. He becomes as powerful as an elephant and achieves great visionary power. Such a nourishing and *rasāyaṇa* property this medicine has.

The formula should contain *pārada*, *gandhaka*, *karpūra*, *jātīkoṣa* and *jātīphala* in measure of 24 gm. while the rest of nine ingredient drugs like the *vṛiddhadāraka*should be obtained in quantity of 12 gm. each. It has been suggested so by the physician Bhatta. Most of the practitioners do likewise only. Vaidyas belonging to Radha country, i. e. south of Bengal however, take *pārada* and *gandhaka* in measure of 24 gm. combined. Similarly, they take *karpūra* 12 gm., *jātipatri* and *jātīphala* 24 gm. in combination, and the combination of herbs like *vṛiddhadāraka* measuring 108 gm.

(*Rasendra Cintāmani*)

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मकरध्वजः (स्वर्णघटितः षड्गुणवलिजारितश्च)–

एको भागः सूक्ष्मपत्रस्य हेम्नो भागा अष्टौ पारदस्यापि नूनम् ।
भागाश्चाथो षोडशातीवशुद्धस्यादातव्या गन्धकस्यापि वैद्यैः ।।१२३७।।
पश्चात्सर्वं कज्जलीकृत्य यत्नात्कन्याद्रावैर्भावनीयं विशेषात् ।
पात्रे काचस्याथ युक्त्या निधायतत्संस्थाप्यं बालुकायन्त्रमध्ये ।।१२३८।।
पाच्यंतच्चाहस्त्रिकं तु क्रमेण ग्राह्यं तस्मात्स्वाङ्गशीतं विलोक्य ।
तत्स्याद्दृश्यं रक्तपुष्पस्य चूर्णच्छायं सर्वैस्तच्च संसेवनीयम् ।।१२३९।।
युक्त्यासम्यग्भावितः पाचितः स प्रोक्तोवैद्यैः षड्गुणेनामलेन ।
गन्धेनालं जारितोऽनेकरोगब्रातच्छेदी चागदोऽद्धाऽनुभूतः ।
मकरध्वजनामाऽसौ षड्गुणवलिजारितः।रुजाऽऽर्तेन जनेनैष विधिना परिसेवितः ।।१२४०।।
मुमूर्षजनजीवातुर्जराममरणनाशकःयथायोग्यानुपानेनशीलितोनैकशो गुणान् ।।१२४१।।
करोतित्वरितं तस्मात्सेव्य आरोग्यकाम्यया । अपि त्रिदोषसंभूतं ज्वरं चानलमन्दताम् ।।१२४२।।
अरोचकंतथाचान्यान्रोगान्हन्तिन संशयः । विदधाति वलं चाग्नेर्बलीपलितनाशकृत् ।।१२४३।।
आयुर्विवर्धकोमेधाकान्तिसंजननः परः । कामोद्दीपनकः पुंसामिति जानन्तु कोविदाः ।।१२४४।।

1237-1244. Makaradhvaja:

Ingredients: *Svarṇa kañṭakavedhi pātra* (very thin gold leaves or flakes), purified *pārada*, purified *gandhaka*, *svarṇa patra* and *ghṛitakumārī* leaves.

Process of Drug-Making: Take *svarṇa kañṭakavedhi pātra* measuring 48 gm., purified *pārada* measuring 384 gm. and purified *gandhaka* measuring 768 gm. First, prepare *kajjalī* of *pārada* and *gandhaka* and add to it the *svarṇa pātra*. Properly triturate the mix. Optionally, *pārada* and *svarṇapatra* may be first mixed and triturated for whole day and next day, *gandhaka* is added to the mix. Subsequently, add pulpy juice of *ghṛitakumārī* leaves to the compound and get it triturated thoroughly. Dry the preparation.

Pack the drug material in a *kācakūppi* (up to its 1/3) that is tightly covered with layers of cloth wet with mud. Put this apparatus in the middle of a large iron pan or clay pot that is filled with sand. Now, heat up the preparation for three days by providing *manda* (low or light), *madhya* (middle) and *tīvra* (higher) heat gradually.

On fourth day, remove out the *kācakūppi* when the apparatus cools down on its own and scrap the *makaradhvaja* bright red in colour like red flowers from the neck of the *kūpi*. The finished product is ground into a fine powder.

The above is method of simple *Makaradhvaja* preparation. If the recipe is slightly changed and the amount of *gandhaka* is taken six times greater than the

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pārada (in place of taking *gandhaka* only two times greater as suggested above), the preparation is called the *Ṣaḍaguṇabalijāraita Makaradhvaja*. The procedure of preparation, method of packing *kācakūppi* and heating, etc. are however, similar to the above preparation.

Method of use/Administration: *Makaradhvaja* is to be taken in doses of 125 mg. along with pack of chewing betel leaves.

Therapeutic benefits: *Ṣaḍaguṇabalijārita Makaradhvaja*, taken regularly saves from the fear of senility or old age and untimely death. Taken with different *anupāna* it helps to alleviate various diseases as well.

Makaradhvaja alleviates severe *sannipātika jvara*, *agnimāndya* (diminished appetite) and *aruci* (anorexia), indispositions like *vali* (wrinkles) as well as *palita* (graying of hairs). It efficiently promotes digestive power, prolongs life span, intelligence and luster or complexion of the face. This formulation equips the user with great aphrodisiac power as well. The wise physicians should know this.

गन्धककज्जलिका–

कण्टकारी सिन्दुवारस्तथा पूतिकरञ्जकम् । एतेषां रसमादाय कृत्वा खर्परखण्डके ।।१२४५।।
प्रक्षेप्यं गन्धकं तत्र ज्वालं मृद्वग्निना दहेत् । गन्धकं स्नेहतापन्ने तत्समं पारदं क्षिपेत् ।।१२४६।।
मिश्रीकृत्यततोद्वाभ्यां द्रुतं तमवतारयेत् । आमर्दयेत्तथा तत्र यथा स्यात् कज्जलप्रभम् ।।१२४७।।
ततस्तुरक्तिकामस्यमाषकं जीरकस्य च । माषैकं लवणस्यापि पर्णे कृत्वा निधापयेत् ।।१२४८।।
ज्वरे त्रिदोषजे घोरे जलमुष्णं पिबेदनु । छर्द्यां शर्करया दद्यात् सामे दद्यात्तथा गुडम् ।।१२४९।।
क्षये छागभवं क्षीरं प्रदद्यादनुपानकम् । रक्तातिसारे कुटजमूलवल्कलजं रसम् ।।१२५०।।
रक्तवान्तौ तथा दद्यादुदुम्बरभवं जलम् । सर्वव्याधिहरश्चायं गन्धकः कज्जलीकृतः ।।१२५१।।
आयुर्बुद्धिकरश्चैव मृतञ्चापि प्रबोधयेत् ।।१२५२।।

1245-1252.Gandhakākajjalīkā:

Ingredients: Juice of *kañṭakārī*, *nirgundī* (leaves) and *pūtikarañja* (leaves).

Process of Drug-Making: Fill in a pitcher with the juice of *kañṭakārī*, *nirgundī* (leaves) and *pūtikarañja* (leaves) measuring 48 ml. each. Add 48 gm. measure of purified *gandhaka* to it and put the pitcher on low heat. When *gandhaka* is melted, remove it from heat and mix it with purified *pārada*. The drug content in vessel should be immediatly removed from the stove and subsequently triturated in mortar for preparing *kajjalī*.

Method of use/Administration: This preparation is called *Gandhaka Kajjalīkā*. It is to be taken in doses of 125 mg., with powders of cumin seeds and

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rock salt powder (one *maśaka* each) along with pack of chewing betel leaves. The patient should take lukewarm water as *anupāna*. To check *chardi* (vomiting) the medicine is taken with sugar. To check *āmadoṣa* the medicine is taken with jaggery. To check *kṣaya* (emaciation-consumption) the medicine is taken with goat's milk. To check *raktātisāra* (diarrhoea with blood) the medicine is taken with decoction or juice of *kuṣṭha* root-bark. To check *raktavamana* (haemoptysis) the medicine is taken with *udumbara* leaves juice.

Therapeutic benefits: This recipe, known as *Gandhakakajjalī Yoga*, could eliminate all kinds of diseases if administered with suitable *anupānas*. It promotes life span and wisdom. It also restores the consciousness of one fainted due to *sannipātta jvara* etc.

लोहासवः–

लौहचूर्णंत्रिकटुकं त्रिफलञ्च यमानिका । विडङ्गं मुस्तकं चित्रं चतुःसंख्यपलं क्षिपेत् ।।१२५३।।
चूर्णीकृत्य ततः क्षौद्रं चतुःषष्टिपलं पृथक् । दद्याद् गुडतुलां तत्र जलद्रोणद्वयं तथा ।।१२५४।।
घृतभाण्डे विनिक्षिप्य निदिध्यान्मासमात्रकम् । लौहासवममुं मर्त्यः पिबेद्वह्निकरं परम् ।।१२५५।।
पाण्डुश्वयथुगुल्मानिजठराण्यर्शसांरुजम् ।प्लीहामयं ज्वरं जीर्णं कासं श्वासं भगन्दरम् ।।
अरोचकञ्च ग्रहणीं हृद्रोगञ्च विनाशयेत् ।।१२५६।।

1253-1256. Lohāsava

Ingredients: *Lauha bhasma*, *tṛikaṭu* herbs, *tṛiphalā* herbs, *yavānī* (fruit seeds), *vāyaviḍanga*(fruit), *mustaka* (root) and *citraka* (root), honey, old jaggery and water.

Process of Drug-Making: Obtain powder of the following materials in measure of 185 gm. each: *lauha bhasma*, *tṛikaṭu* herbs, *tṛiphalā* herbs, *yavānī* (fruit seeds), *vāyaviḍanga*(fruit), *mustaka* (root) and *citraka* (root) along with honey measuring (3 kg.) and old jaggery (4.7 gm.) and water (2 *droṇa*) (25 litres). Put all these ingredients into an earthen pitcher inside coated with *ghṛitam* and fumigated. Place a plate (*śarāva*) on the mouth of vessel and close it tightly with cloth pieces wet in mud. Keep the preparation in this position for one month continuously. After one month, the vessel should be opened and the drug liquid should be seived through clean piece of cloth into bottles.

Method of use/Administration: *Lohāsava* is to be taken in doses of 12 ml. after meals.

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Therapeutic benefits: The medicine efficiently promotes digestive power and alleviates *pāṇḍu*, *śotha*, *gulma*, *udara roga*, painful haemorrhoids, *plīhāvṛiddhi* (splenomegaly), chronic fever, *kāsa*, *śvāsa*, *bhagandra*, *aruci* (anorexia), *grahaṇī* and *hṛidroga*.

अमृतारिष्टः–

अमृतायाः पलशतं दशमूलीशतं तथा । चतुर्द्रोणे जले पक्त्वा कुर्यात्पादाविशेषितम् ।।१२५७।।
शीतेतस्मिन् रसे पूते गुडस्य त्रितुलाः क्षिपेत् । अजाजीषोडशपलं पर्पटस्य पलद्वयम् ।।१२५८।।
सप्तपर्णं त्रिकटुकं मुस्तकं नागकेशरम् । कटुकातिविषे चेन्द्रयवञ्च पलसम्मितम् ।।१२५९।।
एकीकृत्यक्षिपेद्भाण्डेनिदध्यान्मासमात्रकम् । अमृतारिष्टइत्येषप्रोक्तो ज्वरकुलान्तकृत् ।।१२६०।।

1257-1260. Amṛtāriṣṭa:

Ingredients: *Amṛitā* (*guḍūcī*), *daśamūla* herbs, old jaggery, *kṛiṣṇa jīraka* (seeds), *parpaṭī*, *saptaparṇa* (bark), dried ginger, *pippalī* (fruit), *marica*, *mustaka* (root), *nāgakeśara*, *kaṭuka* (root), *ativiṣā* (root) and *indrayava* (seeds).

Process of Drug-Making: Obtain *amṛitā* (*guḍūcī*) (4.7 Kg.), *daśamūla* herbs (in equal measures) (4.7 Kg.), water (4 *droṇas*) (50 litres) and old jaggery (14.10 Kg.). Boil all of them together till the preparation is reduced to a quarter. Treat the decoction with the powders of *kṛiṣṇa jīraka* (seeds) (750 gm.), powder of *parpaṭī* (90 gm.) 46 gm. each of *saptaparṇa* (bark), dried ginger, *pippalī* (fruit), *marica*, *mustaka* (root), *nāgakeśara*, *kaṭuka* (root), *ativiṣā* (root) and *indrayava* (seeds). This compound is kept in a suitable container for one month. After that filter the liquid into bottles.

Therapeutic benefits: This *Amṛitāriṣṭa* alleviates all kinds of fever.

मृतसञ्जीवनी–

गुडं द्रोणमितं ग्राह्यं वर्षादूर्ध्वं पुरातनम् । बावरीत्वचमादाय दापयेत् पलविंशतिम् ।।१२६१।।
दाडिमं वृषमोचञ्च वराक्रान्तारुणा तथा । अश्वगन्धा देवदारुबिल्वश्योनाकपाटलाः ।।१२६२।।
शालपर्णी पृश्निपर्णी बृहतीद्वयगोक्षुरम् । बदरीन्द्रवारुणी चित्रं स्वयंगुप्ता पुनर्नवा ।।१२६३।।
एषांदशपलान्भागान्कुट्टयित्वा उलूखले । सुगम्भीरे च मृद्भाण्डे तोयमष्टगुणं क्षिपेत् ।।१२६४।।
गुडसंगोलनं कृत्वा एतैः सम्पूयेद् बुधः । मुखे शरावकं दत्त्वा रक्षयेधिनविंशतिम् ।।१२६५।।
षोडशाद्दिवसादूर्ध्वं द्रव्यणीमानि दापयेत् । पूगप्रस्थद्वयं चात्र कुट्टयित्वा विनिक्षिपेत् ।।१२६६।।
धुस्तूरं देवपुष्पञ्च पद्मकोशीरचन्दनम् । शतपुष्पा यमानी च मरिचं जीरकद्वयम् ।।१२६७।।
शटीमांसीत्वगेलाचसजातीफलमुस्तकम् ।ग्रन्थिपर्णीतथाशुण्ठी मेथी मेषी च चन्दनम् ।।१२६८।।
एषांद्विपलिकान्भागान्कुट्टयित्वाविनिक्षिपेत् । मृन्मयेमोचिकायन्त्रेमयूराख्येऽपियन्त्रके ।।१२६९।।
यथाविधिप्रकारेणचालनंदापयेद् बुधः । बुद्धिमान् सौजलं कृत्वा उद्धरेद्विधिवत्सुराम् ।।१२७०।।

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एतन्मद्यं पिवेन्नित्यं यथाधातुवयःक्रमम् । देहदार्ढ्यकरं पुष्टिबलवर्णाग्निवर्द्धनम् ।।१२७१।।
सन्निपाते ज्वरे घोरे विसूच्याञ्च मुहुर्मुहुः । शीते देहे प्रयोज्येयं मृतसञ्जीवनी सुरा ।।१२७२।।

1261-1272. Mṛitasanjīvanī:

Ingredients: Jaggery (as old as possible), *babbūla* (bark), *dāḍima* (bark), *vāsa* (*pañcānga*), *vārāhakrāntā*, *ativiṣā* (root), *aśvagandhā* (root), *devadāru* (wood), *bilva* (bark), *śyoṇāka* (bark), *pāṭala* (bark), *śālaparṇī* (herb), *priśniparṇī* (herb), *kṣudra kañṭakārī* (root), *kañṭakārī*, *gokṣura* (fruit), *badara* (root bark), *indravāruṇī* (root), *citraka* (root), *kapikacchu* (*svyamgupta*) (seeds) and *punarnavā* (root), jaggery, *kṛiṣṇadhattūrā*, *lavanga*, *padmak*, *uśīra*, *candana* (*śveta*), *satapuṣpa*, *yavānī*, *marica*, *jīraka-śveta*, *jīraka-kṛiṣṇā*, *karcūra*, *jaṭāmānsī*, *tvak*, *elā*, *jātīphala*, *mustaka*, *granthiparṇī*, dried ginger, *methikā*, *meṣaśṛingī* and *raktacandana* along with pieces of betal nuts.

Process of Drug-Making: Obtain the ingredients in the following measures: jaggery (as old as possible) (13 kg.), 1 kg. of the *babbūla* (bark), 500 gm. each of *dāḍima* (bark), *vāsa* (*pañcānga*), *vārāhakrāntā*, *ativiṣā* (root), *aśvagandhā* (root), *devadāru* (wood), *bilva* (bark), *śyoṇāka* (bark), *pāṭala* (bark), *śālaparṇī* (herb), *priśniparṇī* (herb), *kṣudra kañṭakārī* (root), *kañṭakārī*, *gokṣura* (fruit), *indravāruṇī* (root), *badara* (root bark), *bṛihatī* (root), *citraka* (root), *kapikacchu* (*svyamgupta*) (seeds) and *punarnavā* (root). Prepare a coarse powder of each of them. Get water measuring 8 *droṇas* (84 litres) and dissolve the jaggery into the same. Thereafter pour all the coarsely powdered herbs into the dissolved jaggery and let the preparation to continue in the same position for 20 days, in a warm and lonely place. However, on 16th day, add 1.500 gm. measure of the pieces of betal nuts to the preparation. Also add 100 gm. measure of the powder of the each of following to the preparation: *kṛiṣṇadhattūrā*, *lavanga*, *padmak*, *uśīra*, *candana* (*śveta*), *satapuṣpa*, *yavānī*, *marica*, *jīraka-śveta*, *jīraka-kṛiṣṇā*, *karcūra*, *jaṭāmānsī*, *tvak*, *elā*, *jātīphala*, *mustaka*, *granthiparṇī*, dried ginger, *methikā*, *meṣaśṛingī* and *raktacandana*. During this period, once or twice the preparation may be stirred with a rod or the like. Finally, the drugs should be obtained through distillation by *mocika yañtra* (or *naḍikā yañtra*) from big vessel (where all the drugs are kept).

Method of use/Administration: *Mṛitasanjīvanī* is to be taken in doses by considering the age, strength, condition of the patient and other factors in view. It should be given after lunch and also after dinner in proper doses. It strengthens body and promotes nourishment, power or strength, complexion and digestive power.

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Therapeutic benefits: This *surā* should be given frequently to patient who is suffering from *viṣūcī*, *sannipātajvara* and coldness of body.

नाडिकायन्त्रलक्षणम्–

सन्धानयोग्यं यद् द्रव्यं कुट्टितं तद्विधाय च । संस्थाप्य च दृढं कुम्भे ततो ह्रस्वं घटान्तरम् ।।
अधोमुखं तस्य मुखे स्थापयेद्यत्नतो भिषक् । द्वयोर्मुखं ततो मृद्व्या मृदाऽऽलिप्य यथाविधि ।।
महतीं सलिलद्रोणीं भित्त्वा तत्रैव नाडिकाम् । आधारपात्रपर्यन्तं कुण्डलितां निवेशयेत् ।।
संस्थाप्य तां ततश्चुल्ल्यां ज्वालयेत्तदधस्तले । अग्निं यावदधो बाष्पो विशेत्पाकविधानवित् ।।
आधारसंस्थं विमलं रसं योग्यं समाहरेत् । नाडिकाख्यमिदं यन्त्रं ज्ञेयं विद्वत्प्रकीर्त्तितम् ।।

Note on the Naḍikā Yañtra:

The pitcher in which drug is prepared first should be covered with another pitcher turned down ward. Joint of both the mouths of pitcher should be tightly closed. Make a hole in upper surface of the pitcher on the top. Enter a pipe through this hole to pitcher at ground. Place a glass bottle by the side of lower pitcher and see that the other mouth of the pipe reaches the mouth of this bottle. Put wet pieces of cloth over the pitcher at the top as well as the pipe. Once the pitcher at the ground is placed over fire the preparation inside it get evaporated and the drug get accumulated in the glass bottle attached with the pipe. This type of instrumental arrangements are referred as *Naḍikā yañtra.*

मृगमदासवः–

मृतसञ्जीवनी ग्राह्या पञ्चाशत्पलसम्मिता । तदर्द्धं मधु संग्राह्यं तोयं मधुसमं तथा ।।१२७३।।
कस्तूरीकुडवंतत्रमरिचंदेवपुष्पकम् । जातीफलंपिप्पलीत्वग्भागान् द्विपलिकान् क्षिपेत् ।।१२७४।।
मृद्भाण्डे च विनिक्षिप्य निरुध्य तन्मुखं दृढम् । भाण्डे संस्थाप्य रुद्ध्वा च निदध्यान्मासमात्रकम् ।।१२७५।।
विसूचिकायांहिक्कायांत्रिदोषप्रभवेज्वरे । वीक्ष्यकोष्ठंबलञ्चैव भिषङ्मात्रां प्रयोजयेत् ।।१२७६।।

1273-1276. Mṛigamadāsava:

Ingredients: *Mṛitasanjīvanī* drug, honey, water, and each of *lavanga*, *jātīphala*, *pippalī* and *tvak* along with water and honey.

Process of Drug-Making: Gather the following: the *Mṛitasanjīvanī* drug (2.5 litres), honey (1.25 litres), water (1200 ml.), *kastūrī* (185 gm.) and 100 gm. each of *lavanga*, *jātīphala*, *pippalī* and *tvak*. All the drug ingredients should be first ground and added to major component the *Mṛitasanjīvanī*, along with water and honey. This mixture is filled in earthen vessel or any other suitable big container, its mouth closed with covering bowl and by layering of cloth strips and mud. This

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packed vessel should be retained as such for one month. Finally the liquid medicine should be taken out and filtered into glass bottles, closed with cork tightly.

Method of use/ Administration and Therapeutic benefits: *Mṛigamdāsava* is effective in *viṣūcīkā*, *hikkā* and *jvara* produced by *tṛidoṣa*. The recipe should be used by keeping the digestion and strength of the patient in view.

ज्वरे सर्पिषः पानम्–

ज्वराःकषायैर्वमनैर्लङ्घनैर्लघुभोजनैः। रूक्षस्य ये न शाम्यन्ति सर्पिस्तेषां भिषग्जितम् ।।१२७७।।

1277. If fever of the person who has become lean and thin by decoction and *vamana* therapy, and whose fever is still not cured by *langhaṇa* (fasting) and dieting (taking meals in limited quantity), he should be served with *ghṛitam*.

(Cakradatt)

घृतपाननिषेधः–

निर्दशाहमपि ज्ञात्वा कफोत्तरमलङ्घितम् । न सर्पिः पाययेत् प्राज्ञः शमनैस्तमुपाचरेत् ।।१२७८।।

1278. Charaka has suggested to take *ghṛitam* after ten days. However, if the patient is still dominated by *kapha* content and he is not reflecting symptoms of a person having properly fasted, he should not be served with *ghṛitam* even after 10 days. Wise physicians should treat such patients with *śaman* therapy only.

(Caraka)

समावस्थायां मांसरसः–

यावल्लघुत्वमशनं दद्यान्मांसरसेन तु । बलं ह्यलं निग्रहाय दोषाणां बलकृच्च तत् ।।१२७९।।

1279. The power of patient ailing with fever should be retained through meat soup. This diet should continue so long as the patient is not reflecting symptoms of recovery and controlled *doṣas*. The meat soup is effective in equipping the patient with strength. The soup is effective in checking vitiated *doṣas* as well.

(Caraka)

ज्वरे पथ्यानि मांसानि–

मासार्थमेणलावादीन्युक्त्यादद्याद्विचक्षणः । कुक्कुटांश्चमयूरांश्चतित्तिरिक्रौञ्चवर्त्तकान् ।।१२८०।।
गुरूष्णात्वान्नशंसन्तिज्वरेकेचिच्चिकित्सकाः । लङ्घनेनानिलबलं ज्वरे यद्यधिकं भवेत् ।।१२८१।।
भिषङ् मात्राविकल्पज्ञो दद्यात्तानपि कालवित् ।।१२८२।।

1280-1282. The wise and insightful physician should allow the patient of fever to take only the light meat of deer (venison) and *lava*. Many physicians do

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not find it proper to allow such patients to take flash of chicken, peacock, partridge, duck or the *kraunc* bird. However, if after *langhaṇa* (fasting) the patient's *vāta doṣa* is restored physicians can prescribe small doses of chicken after considering proper timing.

सामान्येन स्नेहसाधनविधिः–

आदौसंमूर्च्छयेत्स्नेहंक्वाथंसंचारयेत्ततः।दुग्धं कल्कं क्रमाद्दद्याद् गन्धद्रव्यं ततः परम् ।।१२८३।।
एवंरीत्या मन्दमन्दानलेनैव पचेद्भिषक् । निर्मलं निर्जलं दृष्ट्वा स्नेहसिद्धिं तु लक्षयेत् ।।१२८४।।

1283-1284. Method of General Medication of Sneha (Oil and Ghṛitam)

First of all, the process of heating (*mūrcchana*) should be followed for *sneha śuddhi* (i. e. incineration of the oil and *ghṛitam*). At second stage, the *sneha* should be added with decoction of the required medicinal properties and cooking (*pāka*) is performed. In third stage, the *kalka dravyas* (*kalka* of the required herbs) should be added and the process of cooking should continue. Fourthly, the aromatic drugs (*gandhadrvaya* like *śaṭī*, *puṣkara* etc.) should be added to the preparation and the process of *mandapāka* (slow cooking) should continue till the water content of the preparation comes to an end and bubbles in it disappears. When the cooking reaches this stage, one should understand that the preparation is complete.

घृतमूर्च्छनम्–

पथ्याधात्रीबिभीतैर्जलधररजनीमातुलुङ्गद्रवैश्चसवैरितैः सुपिष्टैः पलकपरिमितैर्मन्दमन्दानलेन ।
आज्यप्रस्थंविफेनं परिचपलगतं
मूर्च्छयेद्वैद्यराजस्तस्मादामोपदोषंहरति च सहसा वार्यवत्सौख्यदायि ।।१२८५।।

1285. Process of Ghṛita Mūrcchana:

Ghṛita 750 gm. should be heated up in a suitable pan and after that it should be removed from hearth and be allowed to cool down on its own. Add to it the *kalka* of *tṛiphalā* herbs (*harītakī*, *vibhītaka* and *āmalakī*), *mustaka*, *haridrā* and *bījapūraka*, each measuring 50 gm. Also add to it 750 ml. measure of water. This mixture should be cooked on low heat and the process should continue till bubbles and waves within it disappear. Thus, the process of *ghṛita mūrcchana* is completed removing the *āmadoṣa* of the *ghṛita* which becomes full of potential merits.

तिलतैलमूर्च्छनविधिः–

तैलं कृत्वा कटाहे दृढतरविमले मन्दमन्दानलैस्तत्
तैलं निष्फेनभावं गतमिह च यदा शैत्यभावं समेत्य ।

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मञ्जिष्ठारात्रिलोध्रैर्जलधरनलिकैः सामलैः साक्षपथ्यैः
सूचीपुष्पाङ्घ्रिनीरैरुपहितकथितैर्गन्धयोगं जहाति ।।१२८६।।
तैलस्येन्दुकलांशिकैकविकसा भागोऽपि मूर्च्छाविधौ
ये चान्ये त्रिफलापयोदरजनीह्रीबेरलोध्रान्विताः ।
सूचीपुष्पवटावरोहनलिकास्तस्याश्च पादांशिका-
दुर्गन्धं विनिहन्ति तैलमरुणं सौरभ्यमाकुर्वते ।।१२८७।।

1286-1287. Process of Tila Taila Mūrcchana:

The oil of sesame (4 litres) should be put in iron pan and heated till bubbles and waves within it disappear. Following it the pan is removed from heat and allowed to cool down to atmospheric temperature. Add to it the herbs *manjiṣṭha* (250 gm.), *haridrā* (60 gm.), *lodhra* (60 gm.), *mustaka* (60 gm.), *nalikā*(60 gm.), *āmalakī* (60 gm.), *harītakī* (60 gm.), *vibhītaka* (60 gm.), *ketakī* (60 gm.), *vaṭāṅkura* (60 gm.) and *hṛibera* (60 gm.) along with water (16 litres). Cook the preparation. This process removes the smell of the oil. The preparation is cooked on fire till water is completely evaporated. Finally it is filtered.

कटुतैलमूर्च्छनम्–

वयःस्थारजनीमुस्तबिल्वदाडिमकेशरैः ।
कृष्णजीरकह्रीबेरनलिकैः सबिभीतकैः । एतैः समांशैः प्रस्थे च कर्षमात्रं प्रयोजयेत् ।।१२८८।।
अरुणाद् द्विपलं तत्र तोयञ्चाढकसम्मितम् । कटुतैलं पचेत्तेन चामदोषहरं परम् ।।१२८९।।

1288-1289. Process of Kaṭu Taila Mūrcchana:

Kaṭu taila or mustard oil measuring 750 ml. should be boiled in iron pan on fire till it reflects no bubbles. It should be removed from heat (fire) and allowed to cool down to atmospheric level. The *kalka* of following drugs measuring 12 gm. each should be made: *āmalakī* (fruit-part), *haridrā* (rhizome), *mustaka* (rhizome), *bilva* (fruit pulp), *dāḍima* (seeds/root bark), *nāgakeśara*, black cumin seeds (fruit), *netrabālā* (root), *nalikā* (root/stem), *vibhītaka* (fruit/part) along with *manjiṣṭhā* (root) in measure of 100 gm. The oil should be cooked along with this *kalka* as well as water measuring 3 litre.

Thus, the *kaṭutaila* becomes free from *āmadoṣa* (i.e. digestive incompatibility).

एरण्डतैलमूर्च्छनम्–

विकसा मुस्तकं धान्यं त्रिफला वैजयन्तिका । ह्रीवेरवनखर्जूरवटशुङ्गा निशायुगम् ।।१२९०।।

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नलिकाभेषजंदेयंकेतकी च समं समम् । प्रस्थे देयं शाणमितं मूर्च्छने दधिकाञ्जिकम् ।।१२९१।।

1290-1291. Process of Eraṇḍa Taila Mūrcchana:

Eraṇḍa taila (castor oil) 750 ml. should be boiled in iron pan on fire till it it reflects no bubbles. Thereafter, it should be removed from heat (fire) and allowed to cool down. The *kalka* of following herbs measuring 3 gm. each should be prepared: *manjiṣṭhā*, *mustaka*, *dhānyaka*, *harītakī*, *vibhītakī*, *āmalakī*, *agnimantha*, *sugandhabālā*, *vanyakharjūra*, *vaṭaśunga*, *haridrā*, *dāruharidrā*, *halika*, dried ginger and *ketakī*.

Add to the heated oil this *kalka* as well as *kānjika* (mixed with curd) in 3 litres measure. The oil should be cooked along with *kānjika* and *kalka* of drugs, in accordance to *taila mūrcchana* method suggested above.

स्नेहसाधने क्वाथ्यादीनां परिमाणम्–

क्वाथ्याच्चतुर्गुणंवारिपादस्थंस्याच्चतुर्गुणम् ।स्नेहात्स्नेहसमंक्षीरंकल्कस्तुस्नेहपादिकः ।।१२९२।।
चतुर्गुणं त्वष्टगुणं द्रवद्वैगुण्यतो भवेत् ।।१२९३।।

1292-1293. Procedure of Sneha Pāka:

The required herbs and a quantity of water four times should be cooked in earthen vessel or any other suitable pot till the mix is reduced to one fourth. Following that, the same should be removed from heat and filtered. The decoction thus obtained should be four times to the oil to be medicinally heat-processed. The *kalka* of the required herbs should measure only one forth of the oil in context. The milk should be taken in measure equal to the amount of the oil. Thus the ratio of decoction: oil: herbal *kalka* should be 16:4:1.

Note: In most of the prescription the amount of water involved in getting the decoction above has been kept only double to the measure of herbs in context. Other formulas suggest the ratio of 1: 4, 1: 8 and 1:16 as well. As a matter of fact the amount of water should be decided as per the herbs involved. If the herbs to be decocted are soft the less amount of water would do. If the nature of the herbs is different the quantity of water should be greater.

मृदुद्रव्यादौ क्वथने जलप्रमाणम्–

चतुर्गुणं मृदुद्रव्ये कठिनेऽष्टगुणं जलम् । तथा च मध्यमे द्रव्ये दद्यादष्टगुणं पयः ।।
अत्यन्तकठिने द्रव्ये नीरं षोडशकं मतम् ।।१२९४।।

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1294. While preparing a decoction, if the ingredients are very soft then one should decoct them along with water measuring four times greater. The materials that are not too soft and those that are little hard should also be decocted along with water measuring eight times. But if the materials are very hard then they should be decocted along with water measuring 16 times greater than the materials.

(*Śārangdhar Sanhitā*)

मतान्तरे परिमाणविशेषः–

कर्षादितः पलं यावत् क्षिपेत् षोडशकं जलम् ।।१२९५।।
तदूर्ध्वं कुडवं यावद् भवेदष्टगुणं पयः । प्रस्थादितः क्षिपेन्नीरं खारीं यावच्चतुर्गुणम् ।।१२९६।।

1295-1296. Herbs measuring 12 gm. to 48 gm. should be decocted in water measuring 16 times greater to it. If the herbs' quantity is about 192 gm. then it should be decocted along with water measuring eight times greater. And, if the quantity of herbs is between 750 gm. and more., they should be decocted in water measuring four times greater than the liquid.

Note: This is a remarkable observation. If one wants to make decoction of herbs measuring only 12 ml., going as per the instructions one would take water which is four times greater than it i.e. 48 ml. Naturally, the same would evaporate within two or four minutes and the abstract of the herbs could not be obtained. Consequently, the decoction would not be thick. Therefore, one should take water measuring 16 times greater than the material. One should value other herbs in this way only.

(Cakradatt)

अम्ब्वादिभिर्यत्र स्नेहसाधनं तत्र कल्कप्रमाणम्–

अम्बुक्वाथरसैर्यत्रपृथक्स्नेहस्य साधनम् । कल्कस्यांशं तत्र तद्याच्चतुर्थं षष्ठमष्टमम् ।।१२९७।।

1297. Where *sneha pāka* needs to be performed with of water, decoction or expressed juice, then quantity of *kalka* should be used in the following proportion (to *sneha*): water (quarter), decoction (sixth) and juice (eighth).

दुग्धादिपाकपरिभाषा–

दुग्धेदध्निरसेतक्रकल्कोदेयोऽष्टमांशकः। कल्कस्यसम्यक्पाकार्थं तोयमत्र चतुर्गुणम् ।।१२९८।।

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1298. If *sneha pāka* needs to be performed with anyone of the milk, curd, meat soup and butter milk, then *kalka* should be taken eight part of *sneha* (i. e. *ghṛita* or *taila*). In this condition, process of pharmaceutical cooking (*sneha pāka*) should be done properly enabling *sneha* to associate the extract of *kalka* fully. Simultaneously, water should be taken four times of *sneha* in the process of *pāka* in order to prepare *sneha yoga*.

(*Śārangdhar M.*)

अनुक्तमाने जलस्नेहादीनां मानम्–

जलस्नेहौषधानाञ्चप्रमाणं यत्र नेरितम् । तत्र स्यादौषधात् स्नेहः स्नेहात्तोयं चतुर्गुणम् ।।१२९९।।

1299. In case a given prescription involving *sneha pāka* method (i.e. medicating an oily substance) does not suggest quantity of water, oil and herbs; it should be taken to mean that the content of herbal *kalka* should be one fourth of the oily content and the water should be four times of the oily content. If there is no liquid prescribed in *sneha pāka* method, even after that one should take water measuring four times of the herbal *kalka*.

(Cakradatt)

स्नेहसिद्धौ जलस्य सर्वत्रावश्यकत्वम्–

स्वरसक्षीरमङ्गल्यैःपाको यत्रेरितः क्वचित् । जलं चतुर्गुणं तत्र वीर्याधानार्थमावपेत् ।।१३००।।
नमुञ्चतिरसंद्रव्यंक्षीरादिभिरुपस्कृतम् । सम्यक् पाको न जायेत तस्मात्तोयं चतुर्गुणम् ।।१३०१।।

1300-1301. There are certain recipes which prescribe use of juice, milk and curd only and do not refer to water. Even in that condition one should involve water. Otherwise the properties of *kalka* may not associate with the medicated *ghṛitam* or oil. One should add water measuring four times to the oil involved. As a matter of fact without water even the cooking of *kalka* as well as oil (*sneha*) is not done properly. So use of water measuring four times is essential.

यत्राधिकरणे नोक्तिर्गणे स्यात् स्नेहसंविधौ ।।१३०२।।
तत्रैव कल्कनिर्यूहाविष्येते स्नेहवेदिना । एतद्वाक्यक्यबलेनैव कल्कसाध्यपरं घृतम् ।।१३०३।।

1302-1303. While preparing a medicinal oil or *ghṛitam*, one should remember that wherever the names of herbs are not specifically mentioned, one should assume that the preparation has to be cooked along with both *kalka* as well as decoction of those herbs referred to in the *gaṇa* prescribed for the ailment (the

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Charaka Samhitā, *Suśruta Samhitā* and *Aṣṭānga Hṛidaya* has grouped certain herbs that are effective in particular diseases). So far individual cases are concerned the prescribed group of herbs should be obtained while preparing *ghṛitam* for the concerned patient.

Similarly, wherever the names of the ingredients are specifically written, one should use only the *kalka* (and not the decoction) of those herbs. Based on this formula, while preparing the above *Pippalyādi Ghṛitam* one should use the herbs in the form of *kalka* instead of decoction.

स्नेहसाधने द्रवग्रहणविचारः–

पञ्चप्रभृति यत्र स्युर्द्रवाणि स्नेहसंविधौ । तत्र स्नेहसमान्याहुरर्वाक् च स्याच्चतुर्गुणम् ।।१३०४।।

1304. Whenever preparing a medicinal oil, if one is required to add five or more than five varieties of liquids to it, one should understand that those liquids should be taken in quantity equal to the oil. Similarly, wherever the required liquids are below five (i.e. two, three or four), one should get those liquids in measure of four times greater than the quantity of oil.

केवलद्रव्यस्य स्नेहपाकार्थं मानम्–

द्रव्येणकेवलेनैवस्नेहपाकोभवेद्यदि । तत्राम्बुपिष्टःकल्कः स्याज्जलं चात्र चतुर्गुणम् ।।१३०५।।

1305. In a situation when a given prescription suggest to cook the oil only with liquid associates one should compound the prescribed herbs along with water and add to the preparation water four times greater than the oil. (Even if there is no mention of liquid, water is to be involved in four times measure.)

(*Śārangdhar Sanhitā*)

केवलक्वाथस्य स्नेहपाकार्थ मानम्–

क्वाथेनकेवलेनैवपाकोयत्रेरितःदचचित्।क्वाथ्यद्रव्यस्यकल्कोऽपि तत्र स्नेहे प्रयुज्यते ।।१३०६।।

1306. In a situation when a given prescription suggest to cook the oil only with decoction one should involve a *kalka* of the herbs in preparing the prescribed decoction.

(*Śārangdhar Sanhitā*)

कल्कहीनस्नेहपाकविधिः–

कल्कहीनस्तु यः स्नेहः स साध्यः केवले द्रवे ।।१३०७।।

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1307. In a situation when a given prescription suggest to cook the oil with liquid only without involving a herbal *kalka*, one should use only liquids in it (and avoid using *kalka*). The content of liquids should be four times of the oil in context.

(*Śārangdhar Sanhitā*)

पुष्पकल्कस्नेहपाकविधिः–

पुष्पकल्कस्तुयःस्नेहस्तत्रतोयंचतुर्गुणम् । स्नेहे स्नेहाष्टमांशश्च पुष्पकल्कः प्रयुज्यते ।।१३०८।।

1308. In a situation when a given prescription suggest to cook the oil only with the *kalka* of flowers, one should cook the given oil along with water measuring four times. The *kalka* of flowers should be one eighth of the oil in measurement.

(*Śārangdhar Sanhitā*)

गन्धपाकद्रव्याणि–

समङ्गानखकङ्कोलनलिकाजातिकोषकम् ।त्वक्कुन्दुरुककर्पूरतुरुष्कश्रीनिवासकम् ।
स्पृक्काकुङ्कुमकस्तूरी दद्यादत्रावतारिते ।।१३०९।।

1309. Obtain the following materials in equal parts: *samangā*, *nakha*, *kañkola*, *nalikā*, *jātīkoṣa*, *tvak*, *kunduru*, *karpūra*, *turuṣka* (*śilārasa)*, *lavanga*, *spṛikkā*, *kumkuma* and *kastūrī*. Powder them thoroughly and pack them in a clean piece of cotton.

Obtain oil measuring 16 times of the powder thus packed, cook the oil properly and after that hang the above pack into it. Close the mouth of the pot and allow the preparation to remain so for ten days. The oil should be in warm condition at the time the pack is put into it. After 10 days, squeeze the pack properly and strain the liquid into bottles. This process makes the oil in question aromatic and full of quality.

स्नेहपाके कालनिर्णयः–

घृततैलगुडादींस्तु नैकाहादवतारयेत् । व्युषितास्तु प्रकुर्वन्ति विशेषेण गुणान् यतः ।।१३१०।।
क्षीरेद्विरात्रंस्वरसेत्रिरात्रंतक्रारनालादिषुपञ्चरात्रम् ।
स्नेहंपचेद्वैद्यवरःप्रयत्नादित्याहुरेकेभिषजःप्रवीणाः ।।१३११।।
द्वादशाहन्तु मूलानां वल्लीनां क्रममेव च । एकाहं व्रीहिमांसानां पाकं कुर्याद्विचक्षणः ।।१३१२।।

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1310-1312. Time for Snehapāka:

The process of cooking (*pāka*) for *ghṛita*, *taila* and *guḍa* should not end within a single day. They should be first cooked in decoction and retained for overnight. Next day, this process should continue with *kalka* added to *ghṛita*, or the oil. Thus, *ghṛita* and *taila* (*sneha*) *pāka* should continue for one or two nights in order to make them *vyuṣita* (or charged). Some authorities suggest to continue the cooking with milk for two days, with juice for three days, with buttermilk and *kānji* for no less than five days. Likewise, the decoctions of roots and creepers should continue for 12 days. However, cooking of *sneha* (oil or *ghṛitam*) with meat juice and paddy grains should be done within one day only.

(Cakradatt)

स्नेहपाकपरीक्षा–

स्नेहकल्कोयदाऽङ्गुल्यावर्तितोवर्तिवद्भवेत् । वह्नौक्षिप्तेचनोशब्दस्तदासिद्धिंविनिर्दिशेत् ।।१३१३।।
शब्दे व्युपरमे जाते फेनस्योपरमे तथा । गन्धवर्णरसादीनां संपत्तौ सिद्धिमादिशेत् ।।
फेनोऽतिमात्रं तैलस्य शेषं घृतवदादिशेत् ।।१३१४।।

1313-1314. Test of Snehapāka:

One should take out a bit of the *kalka* from container involved in the pharmaceutical process of medicinal oil (*sneha Kalpanā*). Place it between finger and thumb. If it becomes like a wick or it appears sticky one should understand that cooking has been done properly. A properly cooked *sneha* should not produce any sound when it is put on flame. It should also cease to produce bubbles (*phena*).

The medicated oil should reflect colour, smell and other properties of its ingredients (*kalka*). However, one should note that there is an increased number of bubbles in case of *taila* (oil) *pāka* preparation. They take greater time to settle down.

(Cakradatt)

स्नेहपाकस्य भेदास्तल्लक्षणानि च–

स्नेहपाकस्त्रिधाप्रोक्तोमृदुर्मध्यःखरस्तथा । ईषत् सरसकल्कस्तु स्नेहपाको मृदुर्भवेत् ।।१३१५।।
मध्यपाकस्यसिद्धिश्चकल्केनीरसकोमले । ईषत्कठिनकल्कश्च स्नेहपाको भवेत्खरः ।।
तदूर्ध्वं दग्धपाकः स्याद्दाहकृन्निष्प्रयोजनः ।।१३१६।।

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1315-1316. There are three types of *Snehapāka* namely, *mṛidu*, *madhya and khara*. They may be detailed as below:

Mṛidu: In this type of cooking the *kalka* is dried to a point, when it is reduced in content and it produces little amount of liquid when squeezed.

Madhya: In this type of cooking the *kalka* does not produce any liquid after getting squeezed and the liquid gets dried.

Khara: In this type of cooking the heat is greater. The *kalka* becomes hard. After this stage the preparation starts burning. The burnt preparation is good for nothing.

आमपाकस्नेहगुणाः–

आमपाकश्च निर्वीर्यो वह्निमान्द्यकरो गुरुः ।।१३१७।।

1317. Āmapāka Sneha:

The quasi cooking is not useful. It does not allow the properties of herbal *kalka* to merge into the processed oil or *ghṛitam*. It also causes troubles to the digestive system. One should avoid this type of cooking.

(*Śārangdhar Sanhitā*)

मृद्वादिपाकः स्नेहानां विषयाः–

नस्यार्थंस्यान्मृदुःपाकोमध्यमःसर्वकर्मसु । अभ्यङ्गार्थंखरःप्रोक्तोयुञ्ज्यादेवं यथोचितम् ।।१३१८।।

1318. The medicated oil obtained through the *mṛidupāka* method is very smooth and it can be taken through nose. Whereas the medicated oil obtained through *madhyapāka* can be used in different ways like nasal therapy, massage, drink and *basti* therapy. The medicated oil obtained through *kharapāka* can be used only for massaging or for similar external application on body. All the above types of medicated oils or *ghṛitam* could be used as per requirement and indications.

(Caraka)

पिप्पल्यादिघृतम्–

पिप्पल्यश्चन्दनंमुस्तमुशीरंकटुरोहिणी । कलिङ्गकास्तामलकीशारिवाऽतिविषा स्थिरा ।।१३१९।।
द्राक्षामलकनिम्बानित्रायमाणानिदिग्धिका ।सिद्धमेतद् घृतं सद्यो ज्वरं जीर्णमपोहति ।।१३२०।।
क्षयंश्वासंचहिक्कां च शिरःशूलमरोचकम् । अङ्गाभितापमग्निञ्च विषमं सन्नियच्छति ।।१३२१।।
पिप्पल्याद्यमिदं क्वापि तन्त्रे क्षीरेण पच्यते ।।१३२२।।

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1319-1322. Pippalyadaya Ghṛitam:

Ingredients: *Pippalī* (fruit), *sveta candana* (heartwood), *mustaka* (root), *uśīra* (root), *kaṭukī* (root), *indrayava* (seeds), *bhūmyāmalakī* (harb), *anantamūla* (root), *ativiṣā* (root), *śālaparṇī* (herb), *mṛidvīka* (fruit), *āmalakī* (fruit), *nimba* (leaves), *trāyamāṇā* (root) and *kañṭakārī* (root).

Process of Drug-Making: Obtain the above materials in measure of 10 gm. each: *pippalī* (fruit), *sveta candana* (heartwood), *mustaka* (root), *uśīra* (root), *kaṭukī* (root), *indrayava* (seeds), *bhūmyāmalakī* (harb), *anantamūla* (root), *ativiṣā* (root), *śālaparṇī* (herb), *mṛidvīka* (fruit), *āmalakī* (fruit), *nimba* (leaves), *trāyamāṇā* (root) and *kañṭakārī* (root). Prepare a *kalka* out of their combination by thrashing them on a stone slab along with water. Obtain this *kalka* and 600 ml. of *mūrcchita ghṛitam* (see 1285 above) and 2400 ml. of water. Cook all these three ingredients in a metal pan through slow heat. In some other texts involvement of milk among cooking materials has also been prescribed. In such situation the milk should be taken in quantity equal to the water.

Method of use/Administration: This *ghṛitam* should be taken in doses of 6-12 gm. along with lukewarm milk.

Therapeutic benefits: This *ghṛita*-based compound has been effective in chronic fever, *kṣaya* (consumption), *śvāsa* (bronchial asthama), *hikkā* (hiccough), *śirahśūla* (headache), *arocaka* (anorexia), burning sensation of body organs (*angabhitāpa*), *viṣamāgni* (imbalanced digestive fire or power).

(Caraka)

क्षीरषट्पलघृतम्–

पञ्चकोलैःससिन्धूत्थैःपलिकैःपयसासमम् । सर्पिःप्रस्थं शृतं प्लीहविषमज्वरगुल्मनुत् ।।१३२३।।
अत्र द्रवान्तरानुक्तेः क्षीरमेव चतुर्गुणम् । द्रवान्तरेण योगे हि क्षीरं स्नेहसमं भवेत् ।।१३२४।।

1323-1324. Kṣīraṣaṭ Pala Ghṛitam:

Ingredients: *Pippalī* (fruit), *pippalīmūla* (root), *cavya* (root) *citraka* (root), dried ginger (*śunṭhī*) and *saindhava lavaṇa* (rock salt).

Process of Drug-Making: Take the above materials in measurement of 46 gm. each. Ground and pound them along with water and prepare a *kalka*. It is, then, mixed along with water measuring 3 litre and *mūrcchita ghṛita* (750 ml.) and milk (800 ml.). This compound is processed under method of *ghṛita* preparation

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(see 1285). In this way, *Kṣīraṣaṭ Pala Ghṛitam* is prepared and packed in suitable container and used.

Method of use/Administration: Normal doses of this medicated *ghṛita* is 1-12 gm.

Therapeutic benefits: *Kṣīraṣaṭ Pala Ghṛitam* is effective for splenomegaly (*plīhāvṛiddhi*), *viṣamajvara* and *gulma* (abdominal lump or phatom tumour). It may be given to patients suffering from *jvara* particularly *viṣamajvara* and other associated diseases.

This *ghṛitapāka* carries no mention about water, juice and decoction, however, the milk should be taken four times of the *sneha* (*ghṛita*). [If there is textual provision of water and or other liquid for its inclusion then milk equal to *sneha* (*ghṛita*) should be used while water may be used in measurement equal to the four times of *sneha*.]

Note: In *Ayurveda* there are many references which does not tally each other. In preparation of medicated *ghṛitam* or *tailam* this kind of incoherence has been witnessed here and there. We have noted above that water should be taken in quantity four times of the medicated *kalka* in question while adhering to the prescriptions which refer only one of the following: juice, milk and curd. However, the recipe above suggest to take milk (and not water) in quantity measuring four times to the medicinal *kalka*. If one use milk in such proportion it would not only violate the law suggested above, it would also not allow the proper cooking of the herbal *kalka*. In such a situation of contradictory instructions we have opted to follow the ratio of 1:1:4 in relation to *sneha* : *dugdha* i.e. milk : water i.e. *jala*. This formula tallies with verdicts of Suśruta (refer to its section dealing to treatment of problems related to gastro intestinal tract) as well as Caraka (refer to its section dealing to treatment of *gulma*). However, the physician Śivadās has suggested the ratio of 1:1:3 in relation to *ghṛitam*: milk: water.

(Caraka)

दशमूलषट्पलकं घृतम्–

दशमूलीरसे सर्पिः सक्षीरं पञ्चकोलकैः । सक्षारैर्हन्ति तत्सिद्धं ज्वरकासाग्निमन्दताः ।।
वातपित्तकफव्याधीन् प्लीहानञ्चापि पाण्डुताम् ।।१३२५।।

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1325. Daśamūlaṣṭapalakam Ghṛitam:

Ingredients: This formula contains following ingredients: *ghṛita* (1 Kg.), milk (1 litre), decoction of *daśamūla* herbs (including *agnimantha*, *bilva*, *śyoṇāka*, *paṭola* and *gambhārī*, *kaṅṭakārī*, *bṛihatī*, *gokṣura*, *śālaparṇī*, *pṛiśniparṇī* all in equal measures) (4 Kg.), equal measures (i.e. 50 gm. each) of *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger (*śunṭhī*) and *yavakṣāra*.

Process of Drug-Making: All the above components which include *kalka* of six drugs and decoction of the *daśamūla* herbs, should be added into the *mūrcchita ghṛita* and milk. This mixture is cooked in suitable vessel according to method of *Ghṛita Kalpanā* (process of medicinal *ghṛita* preparation).

Method of use/Administration: *Daśamūlaṣṭapalakam Ghṛita* in doses of 1-12 gm. should be taken daily with milk.

Therapeutic benefits: This formula is effective in *jvara*, *kāsa*, *agnimāndya* (diminished appetite), disorders of *vāta*, *pitta* and *kapha*, splenomegly (*plīhāvṛiddhi*) and *pāṇḍu* (anemia).

Note: Interpretation of Chakrapāṇi suggests that milk equal to quantity of oily substances (*sneha*) should be procured where *sneha pāka* needs to be performed with *kṣīra* and decoction both. In this condition, water three times of *sneha* should be obtained for *ghṛitapaka*. As per his suggestion one should take the materials in ratio of 16:16:48:4 i.e. *ghṛitam*:milk:water:herbal *kalka*. However, Jejjaṭa Āchārya has suggested the ratio of 1:4:4:16 in terms of the herbal *kalka*:sneha:milk:water.

(Cakradatt)

वासाऽऽद्यं घृतम्–

वासांगुडूचीत्रिफलांत्रायमाणांयवासकम्। पक्त्वा तेन कषायेण पयसा द्विगुणेन च ।।१३२६।।
पिप्पलीमूलमृद्वीकाचन्दनोत्पलनागरैः । कल्कीकृतैश्च विपचेद् घृतं जीर्णज्वरापहम् ।।१३२७।।

1326-1327. Vāsādyam Ghṛitam:

Ingredients: *Gavyaghṛita* (cow's *ghṛitam*), *vāsa*, *guḍūcī*, *tṛiphalā* herbs, *trāyamāṇā*, *yavāsaka*, cow milk, *pippalīmūla*, *drākṣā*, *raktacandana*, *nīlotpala* and dried ginger (*śunṭhī*).

Process of Drug-Making: Obtain the following: *Mūrcchita Gavyaghṛita* (cow's *ghṛitam*) (1 litre) and equal parts (800 gm. each) of *vāsa*, *guḍūcī*, *tṛiphalā* herbs, *trāyamāṇā*, *yavāsaka* measuring 4 Kg. in total. Also take water measuring 32 litres (boiled upto 8 litres) and eight litres of cow milk. Get *kalka* (measuring

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one kilo) of equal parts of *pippalīmūla*, *drākṣā*, *raktacandana*, *nīlotpala*, dried ginger (*śunṭhī*). All the components the liquids (*drava*) and the drugs (*dravya*) should be used in accordance to *ghṛita pāka* method.

Therapeutic benefits: *Vāsādya Ghṛita* has been specifically effective in *jīrṇajvara* (chronic fever).

(Cakradatt)

गुडूच्यादिघृतपञ्चकम्–

गुडूच्याःक्वाथकल्काभ्यांत्रिफलायावृषस्यच। मृद्वीकायाबलायाश्चसिद्धाःस्नेहा ज्वरच्छिदः ।।१३२८।।

1328. Guḍūcyādi Ghṛita Pañcakam:

Ingredients: *Guḍūcī*, *tṛiphalā* herbs, *vāsa*, *mṛidvīkā* and *balā*.

Process of Drug-Making: Using the *ghṛitapāka* method, this recipe is cooked along with the *kalka* and decoction of the above ingredients.

Therapeutic benefits: It removes all kinds of fever.

(Cakradatt))

अथ तैलप्रकरणम्–

अभ्यङ्गांश्चप्रदेहाँश्चसस्नेहान्सावगाहनान् । विभज्यशीतोष्णकृतान्दद्याज्जीर्णज्वरेभिषक्।।१३२९।।
तैराशु प्रशमं याति बहिर्मार्गगतो ज्वरः । लभन्ते सुखमङ्गानि बलं वर्णश्च जायते ।।१३३०।।

1329-1330. On use of Medicated Taila:

Physicians have to remember that in cases of cold fever one has to use warm oils and in cases of high fever one should use cold oils. These oils can be used through massaging, as ointment, as a drink, in washing the body or in bathing. By treating in this fashion, one can effectively get rid of fever. It provides pleasant feeling to the fever affected parts and also promotes strength and complexion of body.

Note: Massage: When suffering from chronic fever one should have massage of the *lākṣādi* and other oils on one's head, hand, feet and torso. As per the age and desire of the patient, one could also have the massaging.

अङ्गारकतैलम्–

मूर्वालाक्षाहरिद्रेद्वे मञ्जिष्ठा सेन्द्रवारुणी । बृहती सैन्धवं कुष्ठं रास्ना मांसी शतावरी ।।१३३१।।
आरनालाढकेनैव तैलप्रस्थं विपाचयेत् । तैलमङ्गारकं नाम सर्वज्वरविनाशनम् ।।१३३२।।

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1331-1332. Angāraka Tailam:

Ingredients: *Mūrvā* (root), *lākṣā* (lac), *haridrā*, *dāruharidrā* (root), *manjiṣṭhā* (root), *indravāruṇī* (root), *bṛihatī* (root), *saindhava* (rock) salt, *kuṣṭha* (root), *rāsnā* (root), *jaṭāmānsī* (root) and *śatāvarī* (root).

Process of Drug-Making: Take the above materials in equal parts. Prepare a *kalka* out of them measuring 187 gm. and take 750 ml. measure of *mūrcchita* sesame oil and 3 litres measure each of *kānji* and water. Cook all of these ingredients together and properly.

Method of use/Administration: This medicated oil is profitably used in massaging.

Therapeutic benefits: It alleviates all kinds of fever.

(Cakradatt)

बृहदङ्गारकतैलम्–

शुष्कमूलादिकस्याङ्गैरङ्गैरङ्गारकस्य च ।।१३३३।।
पक्वं तैलं ज्वरहरं शोथपाण्ड्वामयापहम् । बृहदङ्गारकं तैलं जलमत्र चतुर्गुणम् ।।१३३४।।

1333-1334. Angāraka Taila (Major Recipe):

Ingredients: Dry radish, *punarnavā* (root), *devadāru*, *rāsnā*, dried ginger (*śunṭhī*) and the *kalka* of the drugs incorporated in *Angāraka Taila* [*mūrvā* (root), *lākṣā* (lac), *haridrā*, *dāruharidrā* (root), *manjiṣṭhā* (root), *indravāruṇī* (root), *bṛihatī* (root), *saindhava* (rock) salt, *kuṣṭha* (root), *rāsnā* (root), *jaṭāmānsī* (root) and *śatāvarī* (root)]as well as the *mūrcchita tila taila* (sesame oil).

Process of Drug-Making: *Kalka* prepared of dry radish, *punarnavā* (root), *devadāru*, *rāsnā*, dried ginger (*śunṭhī*) (taken in measurement of 20 gm. each) and the *kalka* material of drugs incorporated in *Angāraka Taila* should be cooked in *mūrcchita tila taila* (sesame oil) measuring 1 litre and water measuring 4 litres. Oil should be prepared according to the prescribed pharmaceutical procedure.

Therapeutic benefits: This medicated oil alleviates *jvara* (fever), *śotha* (oedema) *pāṇḍu* (anemia) and other diseases. This is famous by the name of *Bṛihad Angāraka Taila*.

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लाक्षादितैलम्–

लाक्षाहरिद्रामञ्जिष्ठाकल्कैस्तैलं विपाचितम् । षड्गुणेनारनालेन दाहशीतज्वरापहम् ।।१३३५।।

1335. Bṛihat Lākṣādi Tailam:

Ingredients: *Lākṣā*, *haridrā*, *manjiṣṭhā*, *mūrcchita* sesame oil along with *kānjika* (gruel).

Process of Drug-Making: Take the *kalka* of the equal parts of *lākṣā*, *haridrā*, *manjiṣṭhā* (in ¼ parts) andd cook it along withthe *mūrcchita* sesame oil (1 part) mixed with *kānjika* (gruel) (4 parts) by following the proper procedure.

Method of use/Administration: *Lākṣādi taila* is effective to be used as oil massage.

Therapeutic benefits: The medicinal oil eliminates fever associated with burning as well as shivering sensation.

(Cakradatt)

बृहल्लाक्षादितैलम्–

लाक्षारसाढकेप्रस्थंतैलस्यविपचेद्भिषक् । मस्त्वाढकसमायुक्तंपिष्ट्वा चात्र समावपेत् ।।१३३६।।
शतपुष्पां हरिद्राश्च मूर्वां कुष्ठं हरेणुकम् । कटुकां मधुकं रास्नामश्वगन्धां च दारु च ।।१३३७।।
मुस्तकञ्चन्दनञ्चैव पृथगक्षसमानकैः । द्रव्यैरेतैस्तु तत्सिद्धमभ्यङ्गान्मारुतापहम् ।।१३३८।।
विषमाख्यान्ज्वरान्सर्वानाश्वेवप्रशमंनयेत् । कासंश्वासंप्रतिश्यायं कण्डूदौर्गन्धगौरवम् ।।१३३९।।
त्रिकपृष्ठकटीशूलं गात्राणां कुट्टनं तथा । पापालक्ष्मीप्रशमनं सर्वग्रहविनाशनम् ।।
अश्विभ्यां निर्मितं श्रेष्ठं तैलं लाक्षादिकं महत् ।।१३४०।।

1336-1340. Lākṣādi Taila (major recipe):

Ingredients: *Mūrcchita* sesame oil, *lākṣā rasa* (lac liquid), *śatapuṣpā* (fruits), *haridrā* (rhizome), *mūrvā* (root), *hareṇu* (*reṇukā*), *kaṭuka* (root), *yaṣṭimadhu* (root), *rāsnā* (root), *aśvagandhā* (root), *devadāru* (heart wood), *mustaka* and *śveta candana* (heart wood) and *dadhi mastu* (watery part of yogurt).

Process of Drug-Making: Obtain *mūrcchita* sesame oil (1.50 litre), *lākṣā rasa* (lac liquid) (6 litres), *dadhi mastu* (watery part of yogurt) also measuring 6 litres and 12 gm. each of *śatapuṣpā* (fruits), *haridrā* (rhizome), *mūrvā* (root), *hareṇu* (*reṇukā*), *kaṭuka* (root), *yaṣṭimadhu* (root), *rāsnā* (root), *aśvagandhā* (root), *devadāru* (heart wood), *mustaka* and *śveta candana* (heart wood), *dadhi mastu* (watery part of yogurt) (6 litres). Prepare a *kalka* of their combination and cook the *kalka* in *mūrcchita* oil as per prescribed method.

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Method of use/Administration: Massaging through this medicinal oil help one to get cure from all types of rheumatic problems.

Therapeutic benefits: This oil is useful in following ailing conditions: all kinds of *viṣamajvara-santata*, *stata* etc, all kinds of *jvara* (fever), *kāsa* (cough and bronchitis), *śvāsa* (bronchial asthma), *pratiśyāya* (coryza), *kaṇḍu* (itching of skin, another similar coetaneous ailments), *dehadurgandhi* and *gātra gaurava* (foul smell and feeling of heaviness of body), *tṛikaśūla* (backache), *pṛiṣṭhaśūla* (backache), *kaṭiśūla* (pain in wrist), *gātrakuṭṭana* (hitting pain in body organs), *yakṣma* (tuberculosis), *kuṣṭha* (skin diseases including leprosy), *pāparoga* (diseases caused by committing sin, bad acts, conduct etc.), *alakṣmī* (inauspiciousness) and *grahabādhā* (all kinds of seizures by celestial agencies).

This *Bṛihallākṣādi Taila* (i.e. *Lākṣādi Taila*, major recipe) was formulated for the first time by twin Aśvinkumāras, the great divine physicians.

लाक्षारसनिर्माणविधिः–

लाक्षायाःषड्गुणंतोयंचैकविंशतिवारकम् । षरिस्त्राव्यजलंग्राह्यंकिंवाक्वाथ्यं यथोदितम् ।।१३४१।।

1341. Method of Preparation of Lākṣārasa:

Coarsely ground or triturate raw lac (*lākṣā*) one part and get it soaked in water in six parts for whole night. Next day, lac crude may be macerated within water and the same is filtered for 21 times. Alternatively the crude material of lac (*lākṣā*) can be boiled for preparing a decoction. For this purpose, one part of lac should be cooked in eight parts of water and it should be collected after the boiling reduces the compound to one quarter of the the original amount. After decanting and procuring it, the same liquid can be used in place of *lākṣā rasa* for various purposes.

शुष्कद्रव्यस्वरसग्रहणविधिः–

शुष्कद्रव्यमुपादाय स्वरसानामसम्भवे । वारिण्यष्टगुणे पक्त्वा ग्राह्यं पादावशेषितम् ।।१३४२।।

1342. Procedure for Obtaining the juice of dry herbs:

In general, the juice should be obtained from green (or wet) or fresh plant drugs by expressing them. However, the juice can not be materialized in case of dry herbs. In this condition, one part of crude drug should be boiled and cooked in eight parts of water and the same when it is reduced to one-fourth of the original

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amount, should be used in place of expressed juice (*Svarasa*) or decoction as and when required.

(Cakradatt)

षट्कट्वरतैलम्–

सुवर्चिकानागरकुष्ठमूर्वालाक्षानिशालोहितयष्टिकाभिः
तैलं ज्वरं षड्गुणतक्रसिद्धमभ्यञ्जनाच्छीतविदाहनुत्स्यात् ।।१३४३।।
दघ्नः ससारकस्यात्र तक्रं कट्वरमिष्यते ।।१३४४।।

1343-1344. Ṣaṭakaṭvara Tailam:

Ingredients: *Suvarcikā kṣāra*, dried ginger, *kuṣṭha*, *mūrvā*, *lākṣā*, *haridrā* and *manjiṣṭhā*.

Process of Drug-Making: Obtain the above drugs in equal parts. A *kalka* is prepared out of them. It should be cooked along with *mūrcchita taila* (sesame oil) along with butter milk and water. All these three liquids are taken in prescribed proportion. (The ratio of *mūrcchita* oil, *takra* and water should be 1:6:24 while the *kalka* should be in a 1/4 part.).

Method of use/Administration: This medicinal oil should be externally applied in the mode of massage (*abhyanga*) on body.

Therapeutic benefits: Regular administration of this medicated oil alleviates chronic fever with symptoms of the feeling of temperature and shivering.

(Cakradatt)

बृहत् कट्वरतैलम्–

शुक्ता[1]रनालैर्दधिमस्तुतक्रैः फलाम्बुभागेन समं हि तैलम् ।
कृष्णादिकल्कैर्मृदुवह्निसिद्धमभ्यञ्जनं वातकफज्वराणाम् ।।१३४५।।
ऐकाहिकद्वित्रिचतुर्थकानां मासार्द्धमासद्वयमासिकानाम् ।
निवारणंतद्विषमज्वराणां–तैलन्तुषट्कट्वरकं महत् स्यात् ।।१३४६।।

1345-1346. Kaṭavara Tailam (Major Recipe):

Ingredients: *Mūrcchita* sesame oil, *kānji*, *śukta*, water of curd, buttermilk and juice of *jambīra* lemon and herbs of *kṛiṣṇādi gaṇa*.

Process of Drug-Making: Take properly *mūrcchita* sesame oil, *kānji*, *śukta*, water of curd, buttermilk and juice of *jambīra* lemon each measuring one litre and a total of one kilo and one quarter measure of herbs of *kṛiṣṇādi gaṇa* (in equal

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parts). Also take water measuring four litres and a quarter. Cook all these ingredients properly on a slow heat.

Method of use/Administration: This medicinal oil is used in massage.

Therapeutic benefits: It is effective in *vātakphajvara*, *ekāhikā*, *dvyāhika*, *tṛitīyaka*, *caturthaka* and *jīrṇa viṣamajvara* of one, half and two month's duration.

कृष्णादिगणो यथा–

कृष्णाचित्रकषड्ग्रन्थावासकं विकसा घनम् । ग्रन्थिकैले चातिविषा रेणुकञ्च कटुत्रयम् ।।१३४७।।
यमानीगोस्तनीव्याघ्रीभूनिम्बंबिल्वचन्दनम् ।भार्गीश्यामाशिवाधात्रीस्थिरा मूर्वा सजीरका ।।१३४८।।
सर्षपंहिङ्गु कटुकी विडङ्गं च समांशकम् । एष कृष्णादिको नाम गणो ज्वरविनाशनः ।।१३४९।।

1347-1349. Kṛiṣṇādi gaṇa:

Kṛiṣṇādi gaṇa, a group of herbs involves equal parts of the following herbs: *pippalī (kṛiṣṇā)* (fruit), *citraka* (root), *vacā* (root), *vāsaka* (root), *manjiṣṭhā* (root), *mustaka* (root), *pippalīmūla* (root), *kṣudra elā* (seed), *ativiṣā* (tuber), *reṇukā* (seeds), dried ginger (*śunṭhī*), *marica* (fruits), *pippalī* (fruits), *yavānī* (fruits), *mṛidvīka* (fruits), *bṛihatī* (root), *bhūnimba* (*kirātatikta*) (whole plant), *bilva* (bark/fruit pulp), *śvetacandana* (heartwood), *bhārgī* (root), *tṛivṛit* (root), *harītakī* (fruit part), *āmalakī* (fruit part), *śālaparṇī* (whole plant), black cumin seeds (fruits), *sarṣapa* (seeds), asafoetida (olea-resin), *kaṭuka* (root) and *viḍanga* (fruits). *Kṛiṣṇādi gaṇa* has been recommended as antipyretic group of drugs.

Note: The *pippalī* has been mentioned twice, once independently and aat another place as a part of *tṛikaṭu*. Hence, it is to be included in teo or double parts.

बृहत् पिप्पल्याद्यतैलम्–

पिप्पलीमुस्तकंधान्यंसैन्धवं त्रिफला वचा । यमानी चाजमोदा च चन्दनं पुष्कराह्वयम् ।।१३५०।।
शटीद्राक्षागवाक्षीचशालपर्णीत्रिकण्टकम् । भूनिम्बारिष्टपत्राणिमहानिम्बं निदिग्धिका ।।१३५१।।
गुडूची पृश्निपर्णी च बृहती दन्तिचित्रकौ । दार्वी हरिद्रा वृक्षाम्लं पर्पटं गजपिप्पली ।।१३५२।।
एतेषां कार्षिकैः कल्कैस्तैलप्रस्थं विपाचयेत् । दधिकाञ्जिकतक्रैश्च मातुलुङ्गरसैस्तथा ।।१३५३।।
स्नेहमात्रासमैरेभिः शनैमृद्वग्निना पचेत् । सिद्धमेतत् प्रयोक्तव्यं जीर्णज्वरमपोहति ।।१३५४।।
एकजं द्वन्द्वजञ्चैव दोषत्रयसमुद्भवम् । सन्ततं सततान्येद्युस्तृतीयकचतुर्थकान् ।।१३५५।।
मासजंपक्षजञ्चैव चिरकालानुबन्धिनम् । सर्वांस्तान्नाशयत्याशु पिप्पल्याद्यमिदं शुभम् ।।१३५६।।

1350-1356. Pippalyādya Tailam (Major Recipe):

Ingredients: *Pippalī* (fruit), *mustaka* (root), *dhānyaka* (fruits), *saindhava* (rock salt), *tṛiphalā* herbs, *vacā* (root), *yavānī* (fruits), *ajamodā* (fruits), *candana*

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(heartwood), *puṣkaramūla* (root), *śaṭī* (root), *drākṣā* (fruit), *gavākṣī* (fruit), *śālaparṇī* (plant), *gokṣura* (fruit), *bhūnimba* (plant), *nimba* (leaves), *mahānimba* (bark), *kanṭakārī* (*kṣudra*) (root), *guḍūcī* (stem), *pṛiśniparṇī* (root/plant), *bṛihatī* (root), *dantī* (root), *citraka* (root), *dārvī*, *haridrā* (rhizome), *vṛikṣāmla*, *parpaṭa* (plant) and *gajapippalī* along with the *tila taila* (*mūrcchita*), *kānjika*, *takra* and juice of *jambīra nimbuka*.

Process of Drug-Making: Take 12 gm. measure of the following materials: *pippalī* (fruit), *mustaka* (root), *dhānyaka* (fruits), *saindhava* (rock salt), *tṛiphalā* herbs, *vacā* (root), *Yavānī* (fruits), *ajamodā* (fruits), *candana* (heartwood), *puṣkaramūla* (root), *śaṭī* (root), *drākṣā* (fruit), *gavākṣī* (fruit), *śālaparṇī* (plant), *gokṣura* (fruit), *bhūnimba* (plant), *nimba* (leaves), *mahānimba* (bark), *kanṭakārī* (*kṣudra*) (root), *guḍūcī* (stem), *pṛiśniparṇī* (root/plant), *bṛihatī* (root), *dantī* (root), *citraka* (root), *dārvī*, *haridrā* (rhizome), *vṛikṣāmla*, *parpaṭa* (plant) and *gajapippalī*. Also take 750 ml. measure each of *tila taila* (*mūrcchita*), *kānjika*, *takra* and juice of *jambīra nimbuka*.

All the ingredients drugs should be pounded for making the *kalka*. It should be mixed in *mūrcchita tila taila* (sesame oil) and put on low heat. Other liquids indicated above should also be added to the warm oil.

Method of use/Administration: The medicated preparation is used effectively as massage oil.

Therapeutic benefits: The medicated oil is to be used effectively as massage oil in cases of *jvara* (fever) particularly *jīrṇajvara* (chronic fever) and various types of *jvara* viz. *ekdoṣaja*, *dvidoṣaja*, *santata*, *satata*, *anyedyuṣaka*, *tṛitīyaka*, *caturthaka*, *masika*, *pakṣika*, *cīrakālikā*, etc.

किरातादितैलम्–

मूर्वालाक्षाहरिद्रेद्वे मञ्जिष्ठा सेन्द्रवारुणी । ह्रीवेरं पुष्करं रास्ना कपिवल्ली कटुत्रयम् ।।१३५७।।
पाठा चेन्द्रयवश्चैव लवणत्रयसंयुतः । वासकार्कश्यामादारुमहाकालफलं तथा ।।१३५८।।
दधिमस्त्वारनालेन कैरातेन च संपचेत् । प्रस्थं प्रस्थं समादाय तैलप्रस्थे विपाचयेत् ।।१३५९।।
किराताद्यमिदं तैलं सन्ततं सततं तथा । धातुस्थमस्थिमज्जस्थं ज्वरं सर्वं व्यपोहति ।।१३६०।।
कामलां ग्रहणीं घोरमतीसारं हलीमकम् । प्लीहपाण्डुश्वयथुं च नाशयेन्नात्र संशयः ।
नास्तितैलं वरं चास्माज्ज्वरदर्पकुलान्तकम् ।।१३६१।।

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1357-1361. Kirātādi Tailam:

Ingredients: *Mūrvā* (root), *lākṣā* (lac), *haridrā* (rhizome), *dāruharidrā* (root), *manjiṣṭhā* (root), *indravāruṇī* (fruit), *netrabālā* (plant/root), *puṣkaramūla* (root), *rāsnā* (root), *gajapippalī* (fruit), dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), *pāṭhā* (root), *indrayava* (seeds), *saindhava* (rock salt), *viḍalavaṇa* (kind of salt), *sauvarcala* (kind of salt), *vāsaka* (*pañcānga*), *arka* (roots), *kṛiṣṇa tṛivṛit* (root) and *devadāru* (heart wood), *dadhimastu* (watery part of yogurt), *kānjika*, *kirāta* (*bhūnimba*), water, sesame oil (*mūrcchita*).

Process of Drug-Making: Get the following materials in equal parts: *mūrvā* (root), *lākṣā* (lac), *haridrā* (rhizome), *dāruharidrā* (root), *manjiṣṭhā* (root), *indravāruṇī* (fruit), *netrabālā* (plant/root), *puṣkaramūla* (root), *rāsnā* (root), *gajapippalī* (fruit), dried ginger (*śunṭhī*), *marica* (fruit), *pippalī* (fruit), *pāṭhā* (root), *indrayava* (seeds), *saindhava* (rock salt), *viḍalavaṇa* (kind of salt), *sauvarcala* (kind of salt), *vāsaka* (*pañcānga*), *arka* (roots), *kṛiṣṇa tṛivṛit* (root) and *devadāru* (heart wood). Compound all of them together into a *kalka*. Thus, raise a quantity of 187 gm. of this *kalka*. Subsequently, cook the *kalka* along with *dadhimastu* (watery part of yogurt), *kānjika*, *kirāta kvātha* (decoction of whole plant) (*bhūnimba*), water, sesame oil (baked), each measuring 750 ml.

Cook the preparation properly and store it in a metal or copper pot after it cools down to the atmospheric temprature.

Method of use/Administration: *Kirātādi taila* has been effective for application externally as massage oil (*abhyanga taila*).

Therapeutic benefits: The medicinal oil is indicated mainly in various types of fever and other diseases such as *satata jvara*, *santata jvara*, *dhātugata jvara* (fever located in *dhātus*), *śukragata jvara* (fever located in semen), *majjāgata jvara* (fever located in bone-marrow), *asthigatajvara* (fever located in bones), *sarvavidha jvara* (all types of fever), *kāmalā* (jaundice), *grahaṇī* (chronic dysentery or sprue), *atisāra* (diarrhoea), *halīmaka* (a stage of jaundice), *plīhāvṛiddhi* (spelnomegaly), *pāṇḍu* (anemia) and *śotha* (oedema).

किरातादितैलम् (बृहत्)–

कैरातस्य तुलामानं जलद्रोणे विपाचयेत् । कटुतैलस्य पात्रार्द्धं तेनैव साधयेद्भिषक् ।।१३६२।।
मूर्वालाक्षाद्वयक्वाथंकाञ्जिकंदधिमस्तु च । एतानि तैलतुल्यानि कल्कानेतांश्च संपचेत् ।।१३६३।।
भूनिम्बंश्रेयसीरास्नाकुष्ठं लाक्षेन्द्रवारुणी । मञ्जिष्ठा च हरिद्रे द्वे मूर्वा मधुकमुस्तकम् ।।१३६४।।

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वर्षाभूःसैन्धवं मांसी बृहती च तथा विडम् । ह्रीवेरं शतमूली च चन्दनं कटुरोहिणी ।।१३६५।।
हयगन्धाशताह्वा च रेणुका सुरदारु च । उशीरं पद्मकं धान्यं पिप्पली च वचा शटी ।।१३६६।।
फलत्रिकं यमान्यौ द्वे शृङ्गी गोक्षुर एव च । पर्ण्यौ द्वे तरुणीमूलं विडङ्गं जीरकद्वयम् ।।१३६७।।
महानिम्बश्च हवुषा यवक्षारो महौषधम् । एषां कर्षद्वयं क्षिप्त्वा साधयेन्मृदुवह्निना ।।१३६८।।
यथाहिवर्गं विनिहन्ति तार्क्ष्योयथा च भास्वांस्तिमिरस्य सङ्घम् ।
तथैव सर्वं ज्वरवर्गमेतदभ्यङ्गमात्रेण निहन्ति तैलम् ।।१३६९।।
सन्ततंसततादींश्चसशोथान्विषमज्वरान्।प्लीहाश्रितान् सशोथान् वा प्रमेहं ज्वरमेव च ।।१३७०।।
अग्निंचकुरुतेदीप्तंबलवर्णकरंपरम्।पाण्ड्वादीन् हन्ति रोगांश्च किराताद्यमिदं बृहत् ।।१३७१।।

1362-1371. Kirātādi Tailam (Major Recipe):

Ingredients: *Kirātatikta*, *mūrcchita* mustard oil, *mūrvā*, *lākṣā*, *kānji* and water obtained from upper portion of curd and the following herbs of *kirāta* group: *kirātatikta* (*bhūnimba*) (whole plant), *gajapippalī* (fruit), *rāsṇā* (root), *kuṣṭha* (root), *lākṣā* (lac), *indravāruṇī* (fruit), *manjiṣṭhā* (root), *haridrā* (rhizome), *dāruharidrā* (root), *mūrvā* (root), *yaṣṭimadhu* (root), *mustaka* (root), *punarnavā* (root), *saindhava* (rock salt), *jaṭāmānsī*, *bṛihatī*, *viḍalavaṇa* (salt type), *hṛivera* (root), *śatāvarī* (root), *raktacandana* (heartwood), *kaṭuka* (root), *aśvagandhā* (root), *śatāhvā* (fruits/seeds), *reṇukā* (seeds), *devadāru* (heartwood), *uśīra* (root), *padmakāṣṭha* (heartwood), *dhānyaka* (fruits), *pippalī* (fruits), *vacā* (fruits), *karcūra* (root), *harītakī* (fruits part), *vibhītaka* (fruits parts), *āmalakī* (fruits part), *yavānī* (fruit/seeds), *ajamodā* (fruits/seeds), *karkaṭaśṛingī* (galls), *gokṣura* (fruits), *śālaparṇī* (whole plant), *pṛiṣṭhaparṇī* (root/whole plant), *dantī* (root), *viḍanga* (fruits), *śveta jīraka* (fruits), *kṛiṣṇa jīraka* (fruits), *mahānimba* (*tvak* -bark), *hapuṣā*, *yavakṣāra* and dried ginger.

Process of drug making: Mix 4800 gm. measure of *kirātatikta* in 12.50 litres measure of water and cook the preparation till it is reduced to one fourth. Add 1536 ml. measure of *mūrcchita* mustard oil to it and get it cooked again. Add to the preparation 1536 ml. each of the decoction of *mūrvā*, decoction of *lākṣā*, *kānji* and water of curd. Subsequently prepare a water based *kalka* of the following herbs taken in 24 gm. measure each: *kirātatikta* (*bhūnimba*) (whole plant), *gajapippalī* (fruit), *rāsnā* (root), *kuṣṭha* (root), *lākṣā* (lac), *indravāruṇī* (fruit), *manjiṣṭhā* (root), *haridrā* (rhizome), *dāruharidrā* (root), *mūrvā* (root), *yaṣṭimadhu* (root), *mustaka* (root), *punarnavā* (root), *saindhava* (rock salt), *jaṭāmānsī*, *bṛihatī*, *viḍalavaṇa* (salt type), *hṛivera* (root), *śatāvarī* (root), *raktacandana* (heartwood), *kaṭuka* (root), *aśvagandhā* (root), *śatāhvā* (fruits/seeds), *reṇukā* (seeds), *devadāru* (heartwood), *uśīra* (root), *padmakāṣṭha* (heartwood), *dhānyaka* (fruits), *pippalī*

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(fruits), *vacā* (fruits), *karcūra* (root), *harītakī* (fruits part), *vibhītaka* (fruits parts), *āmalakī* (fruits part), *yavānī* (fruit/seeds), *ajamodā* (fruits/seeds), *karkaṭaśṛingī* (galls), *gokṣura* (fruits), *śālaparṇī* (whole plant), *priśniparṇī* (root/whole plant), *dantī* (root), *viḍanga* (fruits), *śveta jīraka* (fruits), *kṛiṣṇa jīraka* (fruits), *mahānimba* (*tvak* -bark), *hapuṣā*, *yavakṣāra* and dried ginger.

Take the *kalka* thus prepared and add to it the liquid preparation noted above. Finally cook them properly. After it is cooked well allow the preparation to get cool on its own. Strain it into an iron pan or copper utensil.

Method of use/Administration: The medicinal oil is effective for external administration in the mode of massage over body. It alleviates all types of fever by effect of massage only.

Therapeutic benefits: The medicated oil eliminates all types of *viṣamajvara*, *plīhāvṛiddhi* (splenomegaly), fever with edema or inflammation, *prameha*, *pāṇḍu roga* (anaemia) and other various diseases. It promotes digestive power; and it promotes strength and complexion.

ज्वरभैरवतैलम् (बृहत्)–

गुडूचीवासको निम्बो मूर्वामूलं सचन्दनम् । कैरातो यवतिक्ता च सिन्दुवारदलानि च ।।१३७२।।
एषां पलशतं ग्राह्यं जलद्रोणे विपाचयेत् । क्वाथैः पादावशिष्टैश्च तैलप्रस्थद्वयं पचेत् ।।१३७३।।
गुडूच्यतिविषा दारु हरिद्रे द्वे सुपर्णिका । पिप्पली पिप्पलीमूलं शिग्रुवीजं स्थिरा जतु ।।१३७४।।
पटोलं धान्यकं कुष्ठं किरातो हेमपुष्पका । मूर्वामूलमश्वगन्धा सरलं कण्टकारिका ।।१३७५।।
एतैःसार्द्धपलोन्मानैःकल्कैस्तैलं विपाचयेत् । पाकार्थं दीयते तत्र पयः प्रस्थचतुष्टयम् ।।१३७६।।
सिद्धमेतत्प्रयोक्तव्यंजीर्णज्वरमपोहति । विषमाख्याञ्ज्वरान्सर्वान् प्लीहानं यकृतन्तथा ।।१३७७।।
कामलां पाण्डुरोगं च शोथं हन्ति न संशयः । ज्वरभैरवनामेदं तैलं शिवकृतं महत् ।।१३७८।।

1372-1378. Jvara Bhairava Tailam (major recipe):

Ingredients: *Guḍūcī* (stem), *vāsa* (various parts), *nimba* (various parts), *mūrvā* (root), *rakta candana* (heartwood-powder), *kirātatikta* (plant), *yavatikta* (plant/root), *nirgundī* (leaves) and *mūrcchita* sesame oil and each of the following: *guḍūcī* (stem), *ativiṣā* (root), *devadāru* (heartwood), *haridrā* (rhizome), *dāruharidrā* (root), *svarṇajīvantī* (root/plant), *pippalī* (fruit), *pippalīmūla* (root), *śigru* (seeds), *śālaparṇī* (plant/root), *lākṣā* (lac), *paṭola* (leaves), *dhānyaka* (fruits), *kuṣṭha* (root), *kirātatika* (plant), *nāgakeśara* (flower Part), *mūrvā* (root), *aśvagandhā* (root), *sarala* (wood) and *kṣudra* (*kaṅṭakārī*) (root/plant along with milk.

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Process of Drug-Making: Take 150 gm. of *guḍūcī* (stem), *vāsa* (various parts), *nimba* (various parts), *mūrvā* (root), *rakta candana* (heartwood-powder), *kirātatikta* (plant), *yavatikta* (plant/root), *nirgunḍī* (leaves) and thus raise 4800 gm. measure of these herbs. Pour the herbs into water measuring 12.50 litres and decoct the preparation till it is reduced to one fourth. Add to this decoction 3 litres measure of *mūrcccita* sesame oil and *kalka* obtained from 72 gm. measure each of the following herbs (each taken in equal parts): *guḍūcī* (stem), *ativiṣā* (root), *devadāru* (heartwood), *haridrā* (rhizome), *dāruharidrā* (root), *svarṇajīvantī* (root/plant), *pippalī* (fruit), *pippalīmūla* (root), *śigru* (seeds), *śālaparṇī* (plant/root), *lākṣā* (lac), *paṭola* (leaves), *dhānyaka* (fruits), *kuṣṭha* (root), *kirātatika* (plant), *nāgakeśara* (flower part) *mūrvā* (root), *aśvagandhā* (root), *sarala* (wood) and *kṣudra* (*kaṅṭakārī*) (root/plant). Cook the *kalka* and the above liquids along with milk measuring 3 litres. When it is cooked properly, allow it to cool on its own.

Method of use/ Administration and Therapeutic benefits: Taking massage of this medicated oil alleviates *jīrṇa jvara*, *viṣamajvara*, *plīhāvṛiddhi* and *yakṛidvṛiddhi* (spleen and liver enlargement), *kāmalā* (jaundice), anaemia (*pāṇḍu*) and *śotha* (oedema).

चन्दनबलालाक्षादितैलम्–

चन्दनंचबलामूलंलाक्षालामज्जकंतथा।पृथक्-पृथक् प्रस्थमात्रं द्रोणे च सलिले पचेत् ।।१३७९।।
चतुर्भागावशेषेऽस्मिंस्तैलं प्रस्थद्वयं क्षिपेत् । चन्दनोशीरमधुकशताह्वाः कटुरोहिणी ।।१३८०।।
देवदारुनिशाकुष्ठमञ्जिष्ठाऽगुरुबालकम् । अश्वगन्धाबलादार्वी मूर्वा मुस्ता समूलकाः ।।१३८१।।
एलात्वङ्नागकुसुमंरास्नालाक्षासुगन्धिका । चम्पकं पीतसारं च सारिवा रोचकद्वयम् ।।१३८२।।
कल्कैरेतैः समायुक्तं क्षीराढकसमन्वितम् । तैलमभ्यञ्जने श्रेष्ठं सप्तधातुविवर्द्धनम् ।।१३८३।।
कासश्वासक्षयहरं सर्वच्छर्दिनिवारणम् । असृग्दरं रक्तपित्तं हन्ति पित्तकफामयम् ।।१३८४।।
कान्तिकृद्दाहशमनं कण्डूविस्फोटनाशनम् । शिरोरोगं नेत्रदाहमङ्गदाहं च नाशयेत् ।।१३८५।।
वातामयहतानां च क्षीणानां क्षीणरेतसाम् । बालमध्यमवृद्धानां शस्यते शोफकामले ।
पाण्डुरोगे विशेषेण सर्वज्वरविनाशनम् ।।१३८६।।

1379-1386. Candanabalālākṣādi Tailam:

Ingredients: Red sandalwood, root of *balā*, *lākṣā* and *lāmajjāka*, *mūrcchita* sesame oil, red sandalwood, *uśīra*, *madhuyaṣṭī*, aniseeds, *kaṭukī*, *devadāru*, *haridrā*, *kuṣṭha*, *manjiṣṭhā*, *agara*, *sugandhabālā*, *aśvagandhā*, *balā*, *dāru haridrā*, *mūrvā*, *nāgaramustā*, radish, cardomom, cinnamon bark, *nāgakeśara*, *rāsnā*, *lākṣā*, *ajamodā*, *campaka*, *śilārasa*, *śārivā*, *viḍa* salt and rock salt.

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Process of Drug-Making: Take 750 gm. each of the red sandalwood, root of *balā*, *lākṣā* and *lāmajjāka* and cook them in water measuring 12.50 litres. When the preparation is reduced to one fourth, remove it from the heating device and add to it 1.50 litre measure of *mūrcchita* sesame oil.

Following this, prepare *kalka* out of equal parts of red sandalwood, *uśīra*, *madhuyaṣṭī*, aniseeds, *kaṭukī*, *devadāru*, *haridrā*, *kuṣṭha*, *manjiṣṭhā*, *agara*, *sugandhabālā*, *aśvagandhā*, *balā*, *dāru haridrā*, *mūrvā*, *nāgaramustā*, radish, cardomom, cinnamon bark, *nāgakeśara*, *rāsnā*, *lākṣā*, *ajamodā*, *campaka*, *śilārasa*, *śārivā*, *viḍa salt and* rock salt. Raise 375 gm. of this *kalka* and add it to the above preparation. Also add to it 3 litres measure of milk and cook the recoipe methodologically. Filter the oil thus obtained.

Therapeutic benefits: Massaging with this oil increases the growth of *dhātu*. This oil is very helpful in curing *kāsa* (coughs), asthama, *kṣaya*, vomiting, *raktapradara*, *rakta pitta* and diseases caused due to *pitta* and *kapha*. This also helps in promoting complexion and lustre of the body. This is also used in curing burning sensation, itching, *visphoṭaka*, *śiroroga*, temperature in eyes, burning sensation in eyes, swollen body, jaundice, anemia and all types of fevers. This oil is very beneficial for children, old, youth, males suffering from loss of semen, weak and suffering from *vāta* disease.

(*Yoga Ratnākar*)

पिप्पलीपाकः–

पिप्पलीप्रस्थमादायक्षीरं चैव चतुर्गुणम् । अर्द्धाढकं घृतं गव्यं शुद्धं खण्डाढकं तथा ।।१३८७।।
पचेन्मृद्वग्निना तावद्यावत्पाकमुपागतम् । शीतीभूते क्षिपेत्तस्मिंश्चातुर्जातं पलत्रयम् ।।१३८८।।
योजयेन्मात्रयायुक्तं दोषधात्वग्निसाम्यतः । बल्यो वृष्यस्तथा हृद्यो धातुपुष्टिकरः परः ।।१३८९।।
जीर्णज्वरहरश्चैवस्त्रियंचैवतु बृंहयेत् । छर्दिस्तृष्णाऽरुचिश्वासशोषहिक्काः सकामलाः ।।१३९०।।
हृद्रोगंपाण्डुगुल्मं च प्रदरञ्च त्रिदोषजम् । शोणितानिलकार्श्ये च रक्तपित्तं नियच्छति ।।१३९१।।
सतताभ्यासयोगेन वलीपलितवर्जितः ।।१३९२।।

1387-1392. Pippalī Pakaḥ:

Ingredients: Pepper powder, milk of cow, *ghṛitam* and pure jaggery along with cinnamon bark, cassia, smaller cardamom and *nāgakeśara*.

Process of Drug-Making: Obtain pepper powder (750 gm.), milk of cow (measuring four times), *mūrcchita ghṛitam* (1.50 litre) and pure jaggery (3 litres) and cook them together. When it gets into a shape of confection allow to get cool

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and add to the preparation 144 gm. measure of the combination of cinnamon bark, cinnamon, cassia, smaller cardamom and *nāgakeśara* (all taken in the powdered form and in equal quantities).

Method of use/Administration: It should be taken in doses of 24 gm. along with the milk.

Therapeutic benefits: This *Pippalīpāka* promotes strength (*bala*), semen (*śukra*), cardiac function (*hṛidya*) and nourishes *dhātu* (vital body constituents). It alleviates chronic fever (*jīrṇajvara*). It equips the women with the aphrodisiac power. This formulation is also effective in various diseases like *chardi* (vomiting), *tṛiśṇā* (excessive thirst), *aruci* (loss of desire of food), *śvāsa* (bronchial asthma), *śoṣa* (emaciation), *hikkā* (hiccough), *kāmalā* (jaundice), *hṛidroga* (heart problems), *pāṇḍuroga* (anemia), *gulma* (abdominal lump), *pradara*, *vātarakta*, and *raktapitta*.

(*Yoga Ratnākar*)

जीर्णज्वरे चिकित्साविधिः–

ज्वरेपेयाःकषायाश्च सर्पिः क्षीरं विरेचनम् । षडहे षडहे देयं काले वीक्ष्यामयस्य च ।।१३९३।।

1393. The patient of chronic fever should be served with *peya*, decoction, *mūrcchita ghṛitam* and milk everyday. On every sixth day, *virecana* (purgation) therapy should be administered depending on the degree of disease and strength of the patient.

(Cakradatt)

ज्वरे संशोधनम्–

ज्वरिभ्योबहुदोषेभ्यऊर्ध्वंचाधश्च बुद्धिमान् । दद्यात् संशोधनं काले कल्पे यदुपदेक्ष्यते ।।१३९४।।

1394. The patient of chronic fever should be administered *sanśodhan* (purgation) and *vamana* therapy as per the method prescribed in the *Kalpa Sthāna* section of *Caraka Samhitā* or as per the *Vakṣayamāna* (i.e. something mentioned hereafter or subsequently) method considering proper time.

Note: The person who has become lean and thin due to chronic fever or due to minor indispositions should not take *sanśodhan* (purgation) therapy involving the upper as well as lower part of the body.

(Caraka)

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ज्वरे वमनम्–

मदनं पिप्पलीभिर्वा कलिङ्गैर्मधुकेन वा । युक्तमुष्णाम्बुना पेयं वमनं ज्वरशान्तये ।।१३९५।।
कुमारीकन्दकर्षैकं पिबेत्कोष्णजलेन तु । विषमं तु ज्वरं हन्ति वमनेन चिरन्तनम् ।।१३९६।।

1395-1396. If fever is reflecting vitiation in more than one *doṣa* the patient should take warm water treated with powder of *pippalī* (375 mg.) and *madan phala* (6-12 gm.). If the fever is dominated by vitiation of *pitta* and *kapha* the patient should take powder of *indrayava*. For the patient of *vāta* dominated fever and for the fever dominated by burning sensation powder of *madhuka* and *madanaphala* has been prescribed. Taking powder of *kumārī* (roots) measuring 24 gm. should be taken along with lukewarm water. It would make the patient vomit and vomit out the *viṣam* fever.

Note: To get one vomit, one should use the plant *madanaphala*. Combination of 12 gm. measure of powder *madanaphala*, 500 mg. measure of *pippalī* powder and 4 gm. measure of *indrayava* powder along with honey should be served to the patients suffering from fever. This combination is the best recipe to get him vomit.

(Caraka)

ज्वरे विरेचनम्–

आरग्वधंवापयसामृद्वीकानां रसेन वा । त्रिवृतां त्रायमाणां वा पयसा ज्वरितः पिबेत् ।।१३९७।।

1397. The lower part of body of fever patient is purified / cured through taking lukewarm water along with powder of seed pulp of *ārgavadha* measuring 6-12 gm. It can also be treated by decoction or juice of raisin fruits. Taking of 6-12 gm. measure of powder of *niśotha* or *trāyamāṇā* can also serve the purpose.

Note: The herbs *madanaphala* as well as *ārgavadha* both are useful for *vamana* therapy.

(Caraka)

ज्वरक्षीणे विधिः–

ज्वरक्षीणस्य न हितं वमनं न विरेचनम् । कामन्तु पयसा तस्य निरूहैर्वा हरेन्मलान् ।।१३९८।।
प्रयोजयेज्ज्वरहरान्निरूहान्सानुवासनान् । पक्वाशयगते दोषे वक्ष्यन्ते ये च सिद्धिषु ।।१३९९।।

1398-1399. The patient who has become lean and thin due to fever, should not be administered with *vaman* (vomiting) and *virecana* (purgation) therapies. Such patients can be only treated by drinks of milk and through *niruhaṇa basti* therapy. When the stomach gets indisposed due to accumulation of vitiated *doṣas*, one

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should administer the anti fever *anuvāsana* therapy or *niruhaṇa basti* therapy or measures prescribed in the *Siddhi Sthāna* section of the Caraka text.

(Caraka)

जीर्णज्वरे शिरोविरेचनम्–

गौरवे शिरसः शूले विबद्धेष्विन्द्रियेषु च । जीर्णज्वरे रुचिकरं दद्याच्छीर्षविरेचनम् ।।१४००।।

1400. In chronic fever when the patient feels heaviness of head, headache and loss in capacity of sense organs, one should administer the *śīrṣa virecana* therapy on him.

(Caraka)

ज्वरे मूर्धरुजापहो लेपः–

रक्तकरवीरपुष्पंधात्रीफलंसधान्याम्लंच । कल्कःसुखोष्णलेपोज्वरेषुशिरसोरुजंजयति ।।१४०१।।

1401. Mūrdhārujāpaha Lepa:

Ingredients: Flowers of red (*rakta*) variety of *karavīra*, *dhātrī* (*āmalakī*) and *kānjika* (*dhānyāmla*).

Process of Drug-Making: The flowers of red (*rakta*) variety of *karavīra* and fruit-pulp of *dhātrī* (*āmalakī*) should be pounded in *kānjika* (*dhānyāmla*).

Method of use/Administration: This *kalka* in lukewarm (*sukhoṣṇa*) condition should be pasted on head in cases of fever (*jvara*).

Therapeutic benefits: It eradicates *śiraśūla* due to fever.

जीर्णज्वरे क्षीरपानम्–

जीर्णज्वरे कफे क्षीणे क्षीरं स्यादमृतोपमम् । तदेव तरुणे पीतं विषवद्धन्ति मानवम् ।।१४०२।।
चतुर्गुणेनाम्भसाचश्रृतंज्वरहरं पयः । धारोष्णं वा पयः शीतं पीतं सद्यो ज्वरं जयेत् ।।१४०३।।
जीर्णज्वराणांसर्वेषां पयः प्रशमनं परम् । पेयं तदुष्णं शीतं वा यथास्वमौषधैःश्रृतम् ।।१४०४।।

1402-1404. Milk (*kṣīram*) proves to be beneficial and effective like panacea (*amṛitopamam*) in *jīrṇajvara* (chronic fever) when *kapha* becomes deficient. But the same milk may act like fatal poison in initial stage of fever. Milk cooked by adding water four times serves as antipyretic (*jvaraghna*), after using it in cold state. Milk obtained by fresh milking promptly alleviates *jvara* (*sadyojvara*) caused by *vātapitta doṣas*. As a matter of fact, the milk removes all kinds of

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chronic fevers. Therefore, the patient of chronic fever should take daily warm milk or lukewarm milk or milk treated by different herbs.

(Cakradatt)

पञ्चमूलीपयः–

कासाच्छ्वासाच्छिरःशूलात्पार्श्वशूलाच्चिरज्वरात्। मुच्यतेज्वरितःपीत्वाषञ्चमूलीशृतंपयः।।१४०५।।

1405. Pañcamūlīpayah:

Ingredients: *Śālaparṇī*, *pṛiśniparṇī*, *gokṣura*, *kṣudra kaṅṭakārī* and *kaṅṭakārī* (i.e. *Pañcamūlī* herbs) and sugar.

Process of Drug-Making: Take 24 gm. measure each of *śālaparṇī*, *pṛiśniparṇī*, *gokṣura*, *kṣudra kaṅṭakārī* and *kaṅṭakārī* (i.e. *Pañcamūlī* herbs) and 192 ml. measure of milk along with 768 ml. measure of water. Cook all of them together in a metal pan. When the decoction is reduced to measurement of 192 ml. only, strain the liquid through a white piece of cloth. Add raw sugar to this preparation.

Therapeutic benefits: This *Pañcamūlīpayah* has been effective in *jīrṇajvara* (chronic fever) *kāsa* (coughs), *śvāsa* (bronchial asthma), *siraśūla* (headache) and *pārśvaśūla* (pleurisy).

(Caraka)

क्षीरपाकविधिः–

द्रव्यादष्टगुणंक्षीरं क्षीरात्तोयं चतुर्गुणम् । क्षीरावशेषः कर्तव्यः क्षीरपाके त्वयंविधिः ।।१४०६।।

1406. One should procure milk eight times of the herbs (in contexts) and mix into it water four times of milk and boil them together on heat till water content is evaporated. In this way, only the milk will remain and thus, *kṣīrapāka* would be ready.

(Cakradatt)

त्रिकण्टकादिपयः–

त्रिकण्टकबलाव्याघ्रीगुडनागरसाधितम् । वर्चोमूत्रविबन्धघ्नं शोथज्वरहरं परम् ।।१४०७।।

1407. Tṛikaṅṭkādi payah:

Ingredients: *Tṛikaṅṭaka* or *gokṣura* (fruits), *balā* (root), *vyāghrī* or *kṣudrakaṅṭakārī* (root/whole plant), jaggery and *nāgara* or dried ginger (*śunṭhī*).

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Process of Drug-Making: Take *tṛikañṭaka* or *gokṣura* (fruits), *balā* (root), *vyāghrī* or *kṣudrakañṭakārī* (root/whole plant) *nāgara* or dried ginger (*śunṭhī*) and jaggery in equal parts. Decoct them in manner of *kṣīrapāka* (these four drugs together in one part, milk in eight part and water in 32 parts) as described above.

Therapeutic benefits: The *Tṛikañṭakadipay* alleviates constipation, incontinence of urine, *śotha* and *jvara*.

(Caraka)

वृश्चीरादिपयः–

वृश्चीरबिल्यवर्षाभूषयश्चोदकमेव च । पचेत् क्षीरावशिष्टन्तु तद्धि सर्वज्वरापहम् ।।१४०८।।
शीतंकोष्णंज्वरे क्षीरं यथास्वमौषधैः शृतम् । एरण्डमूलसिद्धं वा ज्वरे सपरिकर्त्तिके ।।१४०९।।

1408-1409. Ghṛiścirādi payah:

Ingredients: *Vṛiscīra* or *śveta punarnavā* (root), *bilva* (fruit pulp), *varṣābhū* or *rakta punarnavā* (root)

Process of Drug-Making: Take *vṛiscīra* or *śveta punarnavā* (root), *bilva* (fruit pulp), *varṣābhū* or *rakta punarnavā* (root) in equal parts. Decoct them in manner of *kṣīrapāka* (these four drugs together in one part, milk in eight part and water in 32 parts) as described above.

Method of use/Administration: In different types of fever, milk is given to the patients by keeping the vitiating of *doṣas* in view. Hot milk and cold milk should be prescribed in aggravation of *vāta* and *pitta* respectively. If there is *parikarttika* (specific kind of pain in intestine or anus), the milk cooked along with *eraṇḍa-mūla* (root) should be served to patient.

Therapeutic benefits: Taking this preparation daily alleviates all types of fever.

(Cakradatt)

आहकारि रसः (नासाज्वरे)–

सूक्ष्मैलातथापथ्याकणाऽयोव्योम खर्परम् । समांशं तु ग्रहीतव्यं पारदस्तु द्विभागिकः ।।१४१०।।
द्रोणपुष्पीरसेनैतत् सर्वमेकत्र मर्दयेत् । रक्तिद्वयमिता मात्रा स्याच्छोथघ्नीरसान्विता ।।१४११।।
प्लीहायकृच्छोथवह्निमन्दताऽरोचकानिच । विषमज्वरोविशेषेणदारुणो नासिकाज्वरः ।।१४१२।।
आहकारिरसस्यास्यप्रयोगेण यथाविधि । विलयंत्वरया यान्ति नात्र कार्या विचारणा ।।१४१३।।

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1410-1413. *Āhakāri Rasa:*

Ingredients: *Sūkṣmailā* (fruit-seeds), *harītakī* (fruit-part), *pippalī* (fruit), *lauha* (*bhasma*), *kharpara*, purified *pārada* or *rasasindūra* and juice or decoction of *droṇapuṣpī*.

Process of Drug-Making: Take 12 gm. measure each of *sūkṣmailā* (fruit-seeds), *harītakī* (fruit-part), *pippalī* (fruit), *lauha* (*bhasma*), *kharpara* and 24 gm. each of purified *pārada* or *rasasindūra*. Compound them thoroughly into a fine powder and mortar the preparation along with juice or decoction of *droṇapuṣpī*. Subsequently allow it to dry.

Method of use/Administration: Take this medicine in doses of 250 mg.

Therapeutic benefits: *Āhakāri Rasa* alleviates *plīhāvṛiddhi* (splenomegaly), *yakṛidvṛiddhi* (hepatomegaly), *śotha* (oedema), *agnimāndya*, anorexia, *viṣa* (cases of poisoning) and specially *nāsājvara*.

आहकारिनस्यम्–

दूर्वापथ्यादाडिमपुष्करजातै रसैर्नूनम् । स्वादुफलामलकीजस्वरसोपेतैरिदं नस्यम् ।।१४१४।।
प्रातःकालेत्रिदिनंसेवितमाहकरुजंहन्याद् । इति बहुवारंभिषजां वन्द्यैरनुभूय संप्रोक्तम् ।।१४१५।।

1414-1415. *Āhakāri nasyam:*

Ingredients: *Dūrvā*, *harītakī*, *dāḍima*, *puṣkaramūla*, *drākṣā* and *āmalakī*

Process of Drug-Making: All of these herbs should be pounded for obtaining juice.

Method of use/Administration: The juice is inhaled through snuff in nasal passage for three consecutive days in morning.

Therapeutic benefits: It alleviates *āhaka jvara* definitely.

दूर्वाऽऽद्यं तैलम्–

दूर्वाश्लेष्मातकफलं कुलत्थः पितृभोजनः । वेणुपत्री जलोद्भूतस्थलजौ कर्णमोरटौ ।।१४१६।।
अपामार्गस्तथादण्डोत्पलामूलं भिषग्वरः । कल्कार्थमेतत्संगृह्य मिलितं द्विशरावकम् ।।१४१७।।
अर्द्धप्रस्थमिते तैले प्रस्थद्वयमिते जले । विपाचयेत्तैलतुल्यं तत्कषायं च बुद्धिमान् ।।१४१८।।
दूर्वाद्यतैलेनानेन नूनं नस्यप्रयोगतः । अवश्यं त्वरितं नश्येदाहकाह्वय आमयः ।।१४१९।।

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1416-1419. Dūrvādyam Tailam:

Ingredients: *Dūrvā* (grass), *śleṣmātaka* (fruit), *kulattha* (seeds), *māṣa* (*pitrbhojya*) (seeds), *vamśa* (*veṇupatrī*) (leaves), *karṇamorata* (tubers) (aquatic and terrestrial herb from Bengal), *apāmārga* (root) and *danḍotpala* (root).

Process of Drug-Making: Obtain the above herbs in equal parts and thus raise two *śarāva* measure of them. Prepare a *kalka* out of them. The decoction of these ingredients measuring the same quantity should also be prepared. Obtain the *mūrcchita* sesame oil measuring 375 ml., the above decoction equal to the sesame oil and water measuring 1.50 litre along with the above *kalka* and cook them together in accordance to *taila pāka* process.

Method of use/Administration: *Dūrvādyam Tailam* is effective for administering through inhalation as snuff (*nasya*).

Therapeutic benefits: It definitely alleviates *āhaka jvara* (*nāsā jvara*).

अथ ज्वरवलिः–

ज्वरामयगृहीतस्य मुष्टिभिर्नवभिः कृतम् । तण्डुलैरोदनं तेन कुर्यात्पुत्तलकं शुभम् ।।१४२०।।
तं हरिद्राऽवलिप्ताङ्गं चतुःपीतध्वजान्वितम् । हरिद्रारसपूर्णाभिः पुटिकाभिश्चतसृभिः ।।१४२१।।
मण्डितं गन्धपुष्पाद्यैरवकीर्य विवर्जयेत् । एवं दिनत्रयं कुर्याज्ज्वररोगोपशान्तये ।।१४२२।।

1420-1422. Patient suffering from fever should himself procure rice in quantity of nine *muṣṭikā* and cook that in a new unused earthen vessel. Out of the cooked rice a '*puttalika*' (puppet), an idol of human shape is prepared. This is set on a mat (*āsana*) of *kuśa* and turmeric is sprinkled around it. Four small flags made of yellow pieces of cloth, should be fixed on all the four corners of mat where '*puttalika*' is ceremonially placed. Leaves or platter made small bowls should be filled in juice of raw turmeric (*haridrārasa*) and kept on four corners of the mat. The structure should be offered scents and yellow flowers. In the evening, the puppet (*puttalika*) should be shown to the patient and the same should be put under banyan tree or a roads-square, with citation of hymn as follows:

'*Om namo bhagavate garuḍāsanāya trayambakāya svastystu vastutah svāhā om kam tam pam śam vainateyaya namahā ! om hṛim kṣah kṣetrapālāya namah ! om ṭṭha ṭṭha bho bho jvara śṛīnu śṛīnu hala hala garja garja ekāhikām dvayāhikam trayāhikam caturthakam sāptāhikam ardhmāsikam naimeśikam mauhūrthikam phaṭ phaṭ hrum phat phaṭ halāhala munca munca bhumyam gaca svāhā !*'

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अथ नक्षत्रजन्मफलम्–

कृत्तिकायांयदाव्याधिरुत्पन्नो भवति स्वयम् । नवरात्रं भवेत्पीडा त्रिरात्रं रोहिणीषु च ।।१४२३।।
मृतशीर्षे सप्तरात्रमार्द्रायां मुच्यतेऽसुभिः । पुनर्वसौ तथा पुष्ये सप्तरात्रेण मोचनम् ।।१४२४।।
नवरात्रंतथाश्लेषे श्मशानान्तं मघासु च । द्वौ मासौ पूर्वफाल्गुन्यामुत्तरासु त्रिपञ्चकम् ।।१४२५।।
हस्तेचसप्तमेमोक्षश्चित्रायामर्द्धमासकम् । मासद्वयं तथा स्वात्यां विशाखे दिनविंशतिः ।।१४२६।।
मैत्रे चैवं दशाहानि ज्येष्ठायामर्द्धमासकम् । मूलेन जायते मोक्षः पूर्वाषाढे त्रिपञ्चकम् ।।१४२७।।
उत्तरे दिनविंशत्या द्वौ मासौ श्रवणे तथा । धनिष्ठायामर्द्धमासो वारुणे च दशाहकम् ।।१४२८।।
पूर्वभाद्रपदे देवि ! ऊनविंशतिवासरम् । त्रिपक्षञ्चाहिब्रध्ने च रेवत्यां दशरात्रिकम् ।।१४२९।।
अहोरात्रं तथाऽश्विन्यां भरण्यान्तु गतायुषः । एवं क्रमेण जानीयान्नक्षत्रेषु यथोचितम् ।।१४३०।।

1423-1430. The effect of *nakṣatra* (constellation) is there on the duration of fever. The fever occurring first during the *Kṛitikā* (11 May to 24 May) constellation may continue for nine days. The fever occurring first during the *Rohiṇī* (25 May to 7 June) constellation may continue for three days. The fever occurring first during the *Mṛigśirā* (8 June to 20 June) constellation may continue for nine days. The fever occurring first during the *Punarvasu* (6 July to 19 July) constellation may continue for seven days. The fever occurring first during the *Puṣya* (20 July to 2 August) constellation may continue for seven days. The fever occurring first during the *Āśleṣā* (3 August to 16 August) constellation may continue for nine days. The fever occurring first during the *Pūrvaphālgunī* (31 August to 12 September) constellation may continue for two months. The fever occurring first during the *Uttarāphālgunī* (13 September to 26 September) constellation may continue for 15 days. The fever occurring first during the *Hasta* (27 September to 9 October) constellation may continue for seven days. The fever occurring first during the *Citrā* (10 October to 23 October) constellation may continue for 15 days. The fever occurring first during the *Svāti* (24 October to 6 November) constellation may continue for two months. The fever occurring first during the *Viśākhā* (7 November to 19 November) constellation may continue for twenty days. The fever occurring first during the *Anurādhā* (20 November to 2 December) constellation may continue for ten days. The fever occurring first during the *Jyeṣṭha* (30 December to 15 December) constellation may continue for 15 days. The fever occurring first during the *Pūrva āṣāḍha* (29 December to 10 January) constellation may continue 15 days. The fever occurring first during the *Uttara āṣāḍha* (11 January to 23 January) constellation may continue 20 days. The fever occurring first during the *Śrāvaṇa* (24 January to 5 February) constellation may continue two months. The fever occurring first during the *Dhaniṣṭha* (6

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February to 18 February) constellation may continue 15 days. The fever occurring first during the *Śatabhiṣā* (19 February to 3 March) constellation may continue 10 days. The fever occurring first during the *Pūrva Bhādrapada* (4 March to 17 March) constellation may continue 19 days. The fever occurring first during the *Uttara Bhādrapada* (18 March to 30 March) constellation may continue 45 days. The fever occurring first during the *Revatī* (31 March to 13 April) constellation may continue 10 days. The fever occurring first during the *Aśvina*(14 April to 26 April) constellation may continue only for one day. However, the fever occurring during the *Ādrā* (21 June to 5 July), *Maghā* (17 August to 30 August) and *Mūla* (16 December to 28 December) and *Bharaṇī* (27 April to 10 May) may prove fatal ones. The wise physicians should accordingly take up or reject cases.

ज्वरमुक्तलक्षणानि–

स्वेदोलघुत्वंशिरसःकण्डूःपाकोमुखस्यच । क्षवथुश्चान्नलिप्साचज्वरमुक्तस्य लक्षणम् ।।१४३१।।

1431. Various signs and symptoms indicating relief from fever include profuse sweating, feeling of lightness in the body, etching sensation on scalp, occurrence of minor sores around lips, repeated sneezing and feeling of hunger are the symptoms of the one who has become free of fever.

अन्यच्च–

देहो लघुर्व्यपगतक्लममोहतापः पाको मुखे करणसौष्ठवमव्यथत्वम् ।
स्वेदः क्षवः प्रकृतिगामिमनोऽन्नलिप्सा कण्डूश्च मूर्ध्नि विगतज्वरलक्षणानि ।।१४३२।।

1432. The signs and symptoms of the one who is no longer facing fever should reflect the following symptoms: feeling of lightness in whole body, absence of unconsciousness and abnormal body temperature, occurrence of minor sores in and around the mouth (*mukha pāka*), restoration of normal sensory or sensual function of all sensory organs, psychological normalcy, normalcy in sweating or perspiration and tendency of repeated sneezing. The anorexia caused by fever is no longer there and the person in question feels hungery. The temperature is gone and the natural *doṣa* of *kapha* becomes consolidated leading to itching sensation on scalp. These are all symptoms of one that has recovered from fever.

ज्वरमुक्तावस्थायां वर्जनीयानि–

व्यायामञ्चव्यवायञ्चस्नानंचङ्क्रमणानिच। ज्वरमुक्तोन सेवेत यावन्नो बलवान् भवेत् ।।१४३३।।

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1433. Exercise, sexual intercourse, bath, brisk walk and the like should be avoided by the person who has just recovered from fever till the person regains strength.

पथ्यापथ्यविधिः ।

नवज्वरेऽपथ्यम्–

स्नानं विरेकं सुरतं कषायं व्यायाममभ्यञ्जनमह्नि निद्राम् ।
दुग्धं घृतं वैदलमामिषं च तक्रं सुरास्वादुगुरुद्रवं च ।।१४३४।।

1434. Unwholesome Food and Conduct in early stage of fever:

Person afflicted with *navajvara* (fever in primary stage) should restrict following eatables and conduct: bath *snāna*, *virecana* (purgation), sexual intercourse, physical exercise or exertion-labour, massage, day sleep, milk, *ghṛitam*, pulse, meat or flesh, buttermilk, liquors, sweet and heavy articles, liquids, cereals, open air and anger.

अन्नं प्रवातं भ्रमणं रुषां च त्यजेत्प्रयत्नात्तरुणज्वरार्त्तः ।।

मध्यज्वरे पथ्यम्–

पुरातनाः षष्टिकशालयश्च वार्त्ताकुशोभाञ्जनकारवेल्लम् ।।१४३५।।
वेत्राग्रमाषाढफलं पटोलं कर्कोटकं मूलकपूतिके च ।
मुद्गैर्मसूरैश्चणकैःकूलत्थैर्मकुष्ठकैर्वाविहितश्चयूषः ।।१४३६।।
पाठाऽमृतावास्तुकतंडुलीयजीवंतिशाकानिचकाकमाची ।
द्राक्षाकपित्थानि च दाडिमानि वैकङ्कतान्येव पचेलिमानि ।।१४३७।।

1435-1437. Wholesome Foods and Conducts in middle stage of fever:

Patient suffering from fever should use during his illness in middle stage following edible and dietary items: *śāli* (old rice), brinjal, *śobhāñjana*, *kāravellaka*, *vetrāgra*, fruits matured during *āsāḍha* month, *paṭola*, *karkoṭaka*, *mūlaka* (radish), *pūtikā-upodikā*, *mudga*, gram, *kulattha*, soup or *yūṣa* of these vegetable and pulse etc, *pāṭhā*, *amṛitā*, *vāstuka*, *taṇḍulīyaka*, *jīvantī* (*śāka* or cooked vegetable), *kākamācī*, grapes, *kapittha*, *dāḍima*, *vikankta* (matured fruits) and drugs easily digestible and having light properties in digestion.

लघूनिसात्म्यानि च भेषजानिपथ्यानिमध्य ज्वरिणाममूनि ।

पुरातनज्वरे पथ्यम्–

विरेचनं छर्दनमञ्जनं च नस्यं च धूमोऽप्यनुवासनं च ।।१४३८।।

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शिराव्यधःसंशमनं प्रदेहोऽभ्यङ्गोऽवगाहःशिशिरोपचारः ।
एणःकुलिङ्गोहरिणोमयूरोलावः शशस्तैत्तिरिकुक्कुटौ च ।।१४३९।।
क्रौञ्चः कुरङ्गः पृषतश्चकोरः कपिञ्जलो वर्त्तककालपुच्छौ ।
गवामजायाश्च पयो घृतं च हरीतकी पर्वतनिर्झराम्भः ।।१४४०।।
एरण्डतैलं सितचन्दनं च द्रव्याणि सर्वाणि पुरेरितानि ।
ज्योत्स्नाप्रियालिङ्गनमप्ययंस्याद्गणःपुराणज्वरिणांहिताय ।।१४४१।।

1438-1441. Wholesome Foods and Conducts in later stage of fever:

Virecana (purgation), omitting, collyrium, snuff or inhalation, medicated smoking, *anuvāsana*, *śirāvyadha*, *samśamana*, ointmenting, massage, bath, cold treatment, meat of *aina*, *kulinga*, peacock, wood cutter, rabit, partridge, chicken, *kraunc*, *kuranga*, *pṛiṣata*, *cakora*, *kapinjala*, duck and *kālapuccha* – and the like animals and birds, milk and *ghṛitam* of cow and goat, *haraḍa* fruit, water of hilly streams, castor oil, white sandal, moon rays or moonlight and embracement of beloved lady.

ज्वरेऽपथ्यम्–

अधिवासनकर्माणि रक्तस्रग्वस्त्रधारणम् । वमिवेगं दन्तकाष्ठमसात्म्यमतिभोजनम् ।।१४४२।।
विरुद्धान्यन्नपानानिविदाहीनिगुरूणि च । दुष्टाम्बु क्षारमम्लानि पत्रशाकं विरूढकम् ।।१४४३।।
नलदाम्बुचताम्बूलंकालिन्दंलैकुचंफलम् । ओडीमत्स्यंचपिण्याकंछत्रकं पिष्टवैकृतम् ।।१४४४।।
अभिष्यन्दीनि चैतानि ज्वरितः परिवर्जयेत् ।।१४४५।।

1442-1445. Unwholesome Food and Conduct in general fever:

Ssuch items include the following: *adhivāsana*, garland of red coloured flowers, wearing red cloth, suppression of vomiting, tooth-brushing by plant twig, unsuitable or unrelishing diet or food consumption, incompatible food and drinks, edible or food articles causing burning sensation, food heavy in digestion, impure, infected and pathogenic water, *kṣāramla*, *patrasāka*, uncomptiable and sprouted grains, *naladambu* (water treated with *uśīra*), betel leaves, *lakuca* and *kalinda fruits*, *odimatsya* (specific variety of fish), leafy vegetable, paste of sesame seed, edible mushroom, *piṣṭavikṛita* meals (e. g. deep fried nuggets) and *abhiṣyandi* edibles like yogurt etc.

आरोग्यस्नानविधिः–

धनिष्ठाश्रवणास्वातीज्येष्ठाशतभिषातथा । रविमन्दभौमवाराश्चन्द्रोऽथ शुभवर्जितः ।।१४४६।।
केन्द्रस्थाश्चाशुभाःशस्ताव्यतीपातादिवासराः ।तिथिर्नशस्ताप्रतिपत्तृतीया नवमी तथा ।।१४४७।।
स्नानायरोगमुक्तानांदशमीचत्रयोदशी । बुधेन्दुगुरुशुक्राणां वाराः स्नाने न शोभनाः ।।

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रोगान्मुक्तस्य नाश्लेषा रोहिणी भद्रदायिनी ।।१४४८।।

1446-1448. Healthy Bath System:

Person who has recovered from fever should be permitted to take bath on the days and during *nakṣatra* (constellation period). The patient should start taking bath during constellation period marked by the *nakṣatras* such as the *Dhaniṣṭhā*, *Śrāvaṇa*, *Svāti*, *Jayeṣṭhā* and *Śatabhiśā*. The Sundays, Saturdays and Tuesdays are also fit days. Patient should be allowed to take bath during the sacred hours marked by presence in the zenith of a good star like the *Budha*, *Candra* and *Śukra*. These timing could be understood through Indian lunar calendar. When there is *vyatipatadī yoga*, then *pratipadā* (first), *trtiyā* (second) and *navamī* (ninth) should be left and in some other day patient of fever after cure should be asked to bath. For taking bath, *daśamī* (10th) and *trayodaśī* (13th) dates (as per the traditional lunar calander), are specially considered to be suitable. The Wednesdays, Mondays, Thursdays and Fridays are not good or favourable for this bath. Further, one should not start taking bath at the time marked by the two *nakṣatras* (constellations) viz. *rohiṇī* (25 May to 7 June) and *Āśleṣā* (3 August to 16 August). They are sreported to be unsuitable.

इति भैषज्यरत्नावल्यां ज्वरचिकित्साप्रकरणम् ।।५।।
इति विद्योतिनी भाषाटीकायां ज्वरचिकित्साप्रकरणम् ।।५।।

End of the Chapter 5 of Bhaiṣajya Ratnāvalī with Commentary

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अथ ज्वरातिसारचिकित्साप्रकरणम् ६

Chapter 6
Treatments of *Jvarātisāra*
(Fever associated with Diarrhoea)

पित्तज्वरे पित्तभवोऽतिसारस्तथाऽतिसारे यदि वा ज्वरः स्यात् ।
दोषस्य दूष्यस्य समानभावाज्ज्वरातिसारः कथितो भिषग्भिः ।।१।।

1. Jvarātisāra: Symptoms

If a case of *pitta* generated *atisāra* occurs while suffering from the *pitta* generated fever, then, *doṣa* (*pitta*) and *duṣya* (*pittāgni*) become homologous. Such state of manifestation has been identified by the authorities of Ayurveda as *jvarātisāra*.

ज्वरातिसारयोर्मिलितचिकित्सानिषेधः–
ज्वरातिसारयोरुक्तं भेषजं यत् पृथक् पृथक् । न तन्मिलितयोः कार्यमन्योऽन्यं वर्द्धयेद्यतः ।।२।।
प्रायो ज्वरहरं भेदि स्तम्भनं त्वतिसारनुत् । अतोऽन्योन्यविरुद्धत्वाद् वर्द्धनं तत्परस्परम् ।।३।।

2-3. Restriction to the Combined Therapy:

Therapies and prescriptions which are separately suggested for *jvara* (fever) and *atisāra* (diarrhoea) should not be administered in combination. The application of combined therapeutics will further aggravate vitiated *doṣas* involved in both diseases as one ailment adversely affects the other ailment in increasing the affliction. Generally the anti-pyretic drugs act as purgative while the antidiarrhical drugs effect as *stambhana* (astringent, stiffening, and the like) agent. Consequently both kinds of drugs being contradictory to each other aggravate the condition of indisposed.

ज्वरातिसारे चिकित्साक्रमः–
ज्वरातिसारिणामादौ कुर्याल्लङ्घनपाचने । प्रायस्तावामसम्बन्धं विना न भवतो यतः ।।४।।

Line of Treatment:

4. In the initial stages the patients of *jvarātisāra* should undergo *langhaṇa* (fasting) and digesting (*pācana*). Both diseases i.e. *jvara* (fever) and *atisāra* (diarrhoea) have relation with causative factor of *āma*. These diseases cannot be

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manifested unless there is pathogenesis of *āma*, which is prime cause to turn the *agni* (digestive power) into a deficient (*manda*) status. Fasting (*langhaṇa*) and digesting (*pācana*) counter *āmadoṣa* and as such they are useful in therapy.

ज्वरातिसारे पेया–

ज्वरातिसारे पेयादिक्रमः स्याल्लङ्घिते हितः । ज्वरातिसारी पेयां वा पिबेत्साम्लां शृतां नरः ।
पृश्निपर्णीबलाबिल्वनागरोत्पलधान्यकैः ।।५।।

5. In *jvarātisāra* (fever associated with diarrhoea), *langhaṇa* (fasting) therapy should be followed by intake of *peya* (thin gruel without containg any grains in it). The *peya* should be prepared by boiling equal parts of herbs *pṛiśniparṇī*, *balā*, *bilva*, dried ginger, *utpala* and coriander seeds measuring 12 gm. in total. Their combination should be boiled in water measuring 750 ml. till the quantity is reduced to a half. Subsequently, the preparation should be sieved. Take parched paddy or rice of *ṣaṣṭhi* variety and cook it into the liquid thus obtained. Treat the preparation with the juice of *dāḍima* fruit and drink the *peya*.

ह्रीवेरादिकषायः–

ह्रीबेरातिविषामुस्तबिल्वनागरधान्यकैः ।।६।।
पिबेत्पिच्छाविबन्धघ्नं शूलदोषामपाचनम् । सरक्तं हन्त्यतीसारं सज्वरं वाऽथ विज्वरम् ।।७।।

6-7. Hṛiberādi Kāṣāya:

Take equal parts of *hṛibera*, *ativiṣā*, *mustā*, *bilva*, *dhānyaka* and *nāgara*. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction. Serve this decoction in doses of 50 ml. It cures the constipation and colic pain. It helps in the *pāka* (metabolic transformation) of *āma*. It cures blood diarrhoea and diarrhoea associated with or without fever.

(Cakradatt)

पाठादिक्वाथः–

पाठाऽमृतापर्पटमुस्तविश्वाकिराततिक्तेन्द्रयवान् विपाच्य ।
पिबन् हरिष्यत्यचिरेण सर्वाञ्ज्वरातिसारानपि दुर्निवारान् ।।८।।

8. Pāṭhādi Kvātha:

Ingredients: *Pāṭhā*, *amṛitā*, *parpaṭa*, *musta*, dried ginger (rhizome), *kirātatikta* and *indrayava*.

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Process of Drug-Making: Take equal parts of *Pāṭhā*, *amṛitā*, *parpaṭa*, *musta*, dried ginger (rhizome), *kirātatikta and indrayava*. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: Take it to get cure from diarrhoea, fever as well as diarrhoea associated with fever.

(Cakradatt)

नागरादिक्वाथः–

नागरातिविषामुस्तामृताभूनिम्बवत्सकैः । सर्वज्वरहरः क्वाथः सर्वातीसारनाशनः ।।९।।

9. Nāgarādi Kvātha:

Ingredients: Dried ginger (rhizome), *ativiṣā* (tuber), *mustā* (root), *amṛitā*, *kirātatikta* (plant) and *vatsaka* (bark).

Process of Drug-Making: Process of Drug-Making: Take equal parts of Dried ginger (rhizome), *ativiṣā* (tuber), *mustā* (root), *amṛitā*, *kirātatikta* (plant) and *vatsaka* (bark). Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: It gets one cured from fever as well as diarrhoea.

(Cakradatt)

उशीरादिक्वाथः–

उशीरं बालकं मुस्तं धन्याकं विश्वभेषजम् । समङ्गा धातकी लोध्रं बिल्वं दीपनपाचनम् ।।१०।।
हन्त्यरोचकपिच्छामविबन्धं सातिवेदनम् । सशोणितमतीसारं सज्वरं वाऽथ विज्वरम् ।।११।।

10-11. Uśīrādi Kvātha:

Ingredients: *Uśīra*, *bālaka*, *mustā*, *dhānyaka*, dried ginger, *samangā*, *dhātakī*, *lodhra* and *bilva*.

Process of Drug-Making: Take equal parts of *Uśīra*, *bālaka*, *mustā*, *dhānyaka*, dried ginger, *samangā*, *dhātakī*, *lodhra* and *bilva*. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times

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greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: The decoction is digestive, stimulant and carminative. It cures anorexia, *pica* (mucus in stool), *āma* (improper digestion and metabolism), constipation and diarrhoea associated with excessive pain and bleeding. It also cures diarrhoea with or without fever.

(Cakradatt)

शुण्ठीदशमूलम्–

दशमूलीकषायेण विश्वमक्षसमं पिबेत् । ज्वरे चैवातिसारे च सशोथे ग्रहणीगदे ।।१२।।

12. Śunṭhī Daśamūlam:

Ingredients: Powder of *viśvā* (dried ginger) and all the ten *daśamūla* herbs.

Process of Drug-Making: Take equal parts of powder of *viśvā* (dried ginger) and all the ten *daśamūla* herbs.Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: It cures fever and diarrhoea and sprue syndrome associated with *śotha* (edema).

(Cakradatt)

गुडूच्यादिक्वाथः–

गुडूच्यतिविषाधान्यशुण्ठीबिल्वाब्दबालकैः । पाठाभूनिम्बकुटजचन्दनोशीरपद्मकैः ।।१३।।
कषायः शीतलः पेयो ज्वरातीसारशान्तये । हल्लासारोचकच्छर्दिपिपासादाहशान्तिकृत् ।।१४।।

13-14.Guḍūcyādi Kvātha:

Ingredients: *Guḍūcī*, *ativiṣā*, *dhānya*, *śunṭhī* (dried ginger), *bilva*, *mustā*, *netrabālā*, *pāṭhā*, *bhūnimba*, *kuṭaja* (bark), red sandalwood, *uśīra* and *padmakāṣṭha*.

Process of Drug-Making: Take equal parts of *Guḍūcī*, *ativiṣā*, *dhānya*, *śunṭhī* (dried ginger), *bilva*, *mustā*, *netrabālā*, *pāṭhā*, *bhūnimba*, *kuṭaja* (bark), red sandalwood, *uśīra* and *padmakāṣṭha*. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

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Method of use/Administration: Serve the cooled decoction in doses of 50 ml.

Therapeutic benefits: This cures fever, diarrhoea, nausea, anorexia, vomiting, morbid thirst and burning sensation.

(Cakradatt)

पञ्चमूल्यादिक्वाथः–

पञ्चमूलीबलाबिल्वगुडूचीमुस्तनागरैः । पाठाभूनिम्बह्रीवेरकुटजत्वक्फलैः शृतम् ।।१५।।
हन्ति सर्वानतीसाराञ् ज्वरं दोषं वमिं तथा । सशूलोपद्रवं कासं श्वासं हन्यात्सुदारुणम् ।।१६।।

15-16. Pañcamūlyādi Kvātha:

Ingredients: *Laghu Pañcamūla* herbs including the *gokṣura* (fruits), *kañṭakārī* (root), *bṛihatī* (root), *pṛiśniparṇī* (root) and *śālaparṇī* (root), *balā* (root), *bilva* (fruit-pulp), *guḍūcī* (stem), *mustaka* (root), dried ginger (rhizome), *pāṭhā* (root), *bhūnimba* (*kirātatikta*) (plant), *hṛibera* (root) and *kuṭaja* (bark and fruit).

Process of Drug-Making: This is a decoction-based formula involving all the ingredients. Take equal parts of all the above materials. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: *Pañcamūlyādi Kvātha* is useful in *atisāra* (diarrhoea), *jvara* (fever), *vamana* (morbid vomiting), *saśūlātisāra* (diarrhoea with pain), *dāruṇa kāsa* (severe bronchitis) and *śvāsa* (bronchial asthma).

लघुमहत्पञ्चमूलयोर्ग्रहणविषयः–

पञ्चमूली तु सामान्या योज्या पैत्ते कनीयसी । महती पञ्चमूली तु वातश्लेष्मातुरे हिता ।।१७।।

17. On different references of Pañcamūlī:

When *Pañcamūla* is referred in the course of treatment of *pittajatisāra* (diarrhoea caused by vitiation of *pitta*) it indicates to the *Laghu*, i. e. minor variety of *Pañcamūla* (comprising *gokṣura*, *kañṭakārī-kṣudra*, *bṛihatī*, *śālaparṇī* and *pṛiśniparṇī*).

When *Pañcamūla* is referred in the case of *vātakaphajātisāra* (diarrhoea caused by vitiation of *vāta* and *kapha*), it will indicate to the *Bṛihat*, i.e. major

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variety of *Pañcamūla* (comprising the five herbs viz. *agnimantha*, *śyoṇāka*, *bilva*, *kāśmarī* and *paṭala*).

बृहत्पञ्चमूल्यादिक्वाथः–

पञ्चमूलीशृङ्गवेरशृङ्गाटं कञ्चटं घनम् । जम्बूदाडिमपत्रञ्च बला बालं गुडूचिका ।।१८।।
पाठाबिल्वंसमङ्गाच कुटजत्वक् फलं तथा । धान्यकं धातकी क्वाथं विषाजीरकसंयुतम् ।।१९।।
पिबेज्ज्वरातिसारे च सरक्ते वाऽप्यरक्तके । अपि योगशतैस्त्यक्ते चासाध्ये सर्वरूपके ।।२०।।

18-20. Bṛihat Pañcamūlyādi Kvātha:

Ingredients: *Bṛihat*, i.e. major variety of *Pañcamūla* (comprising the five herbs viz. *agnimantha*, *śyoṇāka*, *bilva*, *kāśmarī* and *paṭala*) and the *śṛīngavera* (dried ginger) (rhizome), *śṛīngāṭaka* (fruit), *kancaṭa*, *mustaka* (rhizome), *jambū* (leaves), *dāḍima* (leaves), *balā* (root), *bālaka* (root), *guḍūcī* (stem), *pāṭhā* (root), *bilva* (fruit-pulp), *samangā* (root) *kuṭaja* (bark), *indrayava*, coriander (seeds) and *dhātakī* (flowers).

Process of Drug-Making: This is a decoction-based formula involving all the above ingredients. Take equal parts of *Bṛihat*, i.e. major variety of *Pañcamūla* (comprising the five herbs viz. *agnimantha*, *śyoṇāka*, *bilva*, *kāśmarī* and *paṭala*) and the *śṛīngavera* (dried ginger) (rhizome), *śṛīngāṭaka* (fruit), *kancaṭa*, *mustaka* (rhizome), *jambū* (leaves), *dāḍima* (leaves), *balā* (root), *bālaka* (root), *guḍūcī* (stem), *pāṭhā* (root), *bilva* (fruit-pulp), *samangā* (root) *kuṭaja* (bark), *indrayava*, coriander (seeds) and *dhātakī* (flowers). Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: One should take this decoction in doses of 50 ml. along with powders of *ativiṣā* (tuber) and fried cumin seeds both measuring 1 gm. each.

Therapeutic benefits: It is helpful in *jvarātisāra*, *saraktātisāra* (diarrhoea with blood) and *atisāra* (diarrhoea). This drug proves effective even in seemingly incurable and complicated cases which could not be cured by several formulations.

धान्यशुण्ठी–

धन्याकं विश्वसंयुक्तमामघ्नं वह्निदीपनम् । वातश्लेष्मज्वरहरं शूलातीसारनाशनम् ।।२१।।

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21. Dhānya Śuṇṭhī:

The powder or decoction of coriander seeds and dried ginger (rhizome) taken daily in doses of 25 gm. also cures patient afflicted with *āmadoṣa* (improper digestion and metabolism) and *atisāra*. It eliminates *āmadoṣa* and promotes gastric powder. It alleviates *vātaśleṣmikajvara* (fever caused by *vāta* and *kapha*) and *saśūlatisāra* (diarrhoea with colic pain).

कलिङ्गादिक्वाथः–

कलिङ्गातिविषाशुण्ठीकिराताम्बुयवासकम् । ज्वरातीसारसन्तापं नाशयेदविकल्पतः ।।२२।।

22. Kalingādi Kvātha:

Ingredients: *Kalinga* (*indrayava*), *ativiṣā*, dried ginger, *kirāta*, *netrabālā* and *yavāsā*.

Process of Drug-Making: Take equal parts of *Kalinga* (*indrayava*), *ativiṣā*, dried ginger, *kirāta*, *netrabālā* and *yavāsā*. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: The decoction cures the miseries of fever and diarrhoea without doubt.

घनजलादिक्वाथः–

घनजलपाठाऽतिविषा-पथ्योत्पलधान्यरोहिणीविश्वैः । सेन्द्रयवैः कृतमम्भः सातीसारं ज्वरं जयति ।।२३।।

23. Ghanajalādi Kvātha:

Ingredients: *Ghanajala*, *pāṭhā*, *ativiṣā*, *pathyā*, *utpala*, *dhānya*, *rohiṇī*, *viṣava* (dried ginger) and *indrayava*.

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: The decoction cures fever associated with diarrhoea.

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धान्यनागरादिक्वाथः–

धान्यनागरबिल्वाब्दबालकैः साधितं जलम् आमशूलहरं ग्राह्यं दीपनं पाचनं परम् ।।२४।।

24. Dhānyanāgarādi Kvātha:

Ingredients: *Dhānyaka*, dried ginger (rhizome), *bilva* (pulp of unripe fruit), *mustaka* (root), *bālaka* (root).

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: It pacifies *āma* and *śūla* (colic pain) respectively. It is a *grāhī* (easy to absorb), *agnidīpana* (promoter of digestive power) and *pācana* (stomachic) recipe.

बिल्वादिक्वाथः–

बिल्वबालकभूनिम्बगुडूचीमुस्तवत्सकैः । कषायः पाचनः शोथसर्वातीसारनाशनः ।।२५।।

25. Bilvādi Kvātha:

Ingredients: *Bilva* (fruit pulp), *bālaka* (root), *bhūnimba* (*kirātatikta*) (root/plant), *guḍūcī* (stem), *mustaka* (root) and *indrayava*.

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: *Bilvādi Kvātha* acts as *pācana* (stomachic). It alleviates *śotha* (edema) and *sarvātisāra* (*jvarātisāra*).

कुटजादिक्वाथः–

कुटजो नागरं मुस्तममृताऽतिविषा तथा । एभिः कृतं पिबेत् क्वाथं ज्वरातीसारनाशनम् ।।२६।।

26. Kuṭajādi Kvātha:

Ingredients: *kuṭaja* (bark), dried ginger (rhizome), *mustaka* (root), *amṛitā* (stem) and *ativiṣā* (root).

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring

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16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: *Kuṭajādi Kvātha* alleviates *jvarātisāra*.

किरातादिक्वाथः–

किराताब्दामृताविश्वचन्दनोदीच्यवत्सकैः । शोषातीसारशमनं विशेषाज्ज्वरनाशनम् ।।२७।।

27. Kirātādi Kvātha:

Ingredients: *kirāta*, *abda*, *amṛitā*, *viśvā*, *candana*, *udīcya* and *vatsaka*.

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: *Kirātādi Kvātha* alleviates cures edema and diarrhoea. It is especially effective in curing fever.

विडङ्गादिक्वाथः–

विडङ्गातिविषामुस्तपाठादारुकलिङ्गकम् । मरिचेन समायुक्तं शोथातीसारनाशनम् ।।२८।।

28. Viḍangādi Kvātha:

Ingredients: *Viḍanga* (fruits), *ativiṣā* (root), *mustaka* (root), *pāṭhā* (root), *devadāru* (wood) and *indrayava* (seeds) and *marica*.

Process of Drug-Making: Take equal parts of all the above ingredients. (except *marica*) Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml. along with 2 gm. of *marica* powder.

Method of use/ Administration and Therapeutic benefits: This decoction is taken to alleviate *śotha* (edema) and *atisāra*.

शुण्ठ्यादिक्वाथः–

शुण्ठीबालकमुस्तकबिल्वंपाठाविषाचधान्यानि । पानंत्वरुचिच्छर्दिज्वरातिसारं विनाशयति ।।२९।।

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29. Śunṭhyādi Kvātha:

Ingredients: Dried ginger, *netrabālā*, *mustaka*, *bilva* (pulp), *pāṭhā*, *ativiṣā* and coriander seeds.

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: It is very effective in checking the indisposition of diarrhoea with fever as well as anorexia, vomitting and the like.

वत्सकादिक्वाथः–

वत्सकश्च सुरदारुरोहिणी धान्यबिल्वमगधात्रिकण्टकम् ।
निम्बबीजगजपिप्पलीवृकी क्वाथको ज्वररुजाऽतिसारहृत् ।।३०।।

30. Vatsakādi Kvātha:

Ingredients: *Vatsaka* (*indrayava*) (seeds), *suradāru* (*devadāru*)(wood), *rohiṇī* (*kaṭuka*)(root), *dhānya* (fruits), *bilva* (fruit pulp), *magadha* (*pippalī*) (fruit), *ṭrikañṭaka* (*gokṣura*) (fruit), *nimba* (*bīja*), *gajapippalī* (fruit) and *vṛiki* (*pāṭhā*) (root/plant).

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: It alleviates *jvarātisāra*.

भूनिम्बादिक्वाथः–

भूनिम्बबिल्वसलिलामृतामुस्तकवत्सकैः । कषायः पाचनः शोथज्वरातीसारनाशनः ।।३१।।

31. Bhūnimbādi Kvātha:

Ingredients: *Bhūnimba* (*kirātatikta*) (plant), *bilva* (fruit pulp), *bālaka* (*salila*) (root), *amṛitā* (stem), *mustaka* (root) and *vatsaka* (seeds).

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring

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16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: It alleviates *śotha* (edema) and *jvarātisāra*.

बिल्वपञ्चकक्वाथः–

शालपर्णी पृश्निपर्णी बला बिल्वं सदाडिमम् । बिल्वपञ्चकमित्येतत् क्वाथं कृत्वा प्रदापयेत् ।
अतीसारे ज्वरे छर्द्यां शस्यते बिल्वपञ्चकम् ।।३२।।

32. Bilva Pañcaka Kvātha:

Ingredients: *Śālaparṇī* (root/plant), *priśniparṇī* (root/plant), *balā* (root), *bilva* (fruit pulp) and *dāḍima* (bark).

Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml.

Therapeutic benefits: It is helpful in treating cases of *atisāra* (diarrhoea), *jvara* (fever) and *vamana* (morbid vomiting).

ज्वरातिसारे सिद्धयोगद्वयम्–

वत्सकस्यफलं दारु रोहिणी गजपिप्पली । श्वदंष्ट्रा पिप्पली धान्यं बिल्वं पाठा यमानिका ।।३३।।
द्वावप्येतौ सिद्धयोगौ श्लोकार्धेनाभिभाषितौ । ज्वरातीसारशमनौ विशेषाद् दाहनाशनौ ।।३४।।

33-34. A pair of formulas to check jvarātisāra

(I) The decoction of the fruit of *vatsaka*, *dāru*, *rohiṇī* and *gajapippalī* as well as (II) the decoction of *śvadanṣtra*, *pippalī*, *dhānya*, *bilva*, *pāṭhā* and *yavanikā*. These two types of decoctions are known for their efficacy in curing fever and diarrhoea. They are especially effective in curing burning sensation.

कणाऽऽदिक्वाथः–

कणाकरिकणालाजक्वाथो मधुसितायुतः । पीतो ज्वरातिसारस्य तृष्णामाशु विनाशयेद् ।।३५।।

35. Kaṇādi Kvātha:

Ingredients: *Kaṇā* (*pippalī*), *kaṛikaṇā* (*gajapippalī*) and *lājā* (parched paddy).

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Process of Drug-Making: Take equal parts of all the above ingredients. Thus raise 25 gm. powder of their combined mix and decoct the mix in water measuring 16 times greater. Boil down the preparation till the original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Serve this decoction in doses of 50 ml. along with *madhu* (honey) and *sita* (sugar).

Therapeutic benefits: It pacifies excessive thirst (*tṛiṣā*) of patient suffering from *jvarātisāra*.

उत्पलाद्यं चूर्णम्–

उत्पलं दाडिमत्वक् च पद्मकेशरमेव च । पिबेत् तण्डुलतोयेन ज्वरातीसारशान्तये ।।३६।।

36. Utpalādyam Cūrṇam:

The powder of *utpala*, bark of the fruit of *dāḍima* and *padma keśara*. The mix of the powders should be taken with *taṇḍula toya* (rice-washing). It cures fever associated with diarrhoea.

व्योषादिचूर्णम्–

व्योषं वत्सकबीजञ्च निम्बभूनिम्बमार्कवम् । चित्रकं रोहिणीं पाठां दार्वीमतिविषां समाम् ।।३७।।
श्लक्ष्णचूर्णीकृतं सर्वं तत्तल्या वत्सकत्वचः । सर्वमेकत्र संयोज्य पिबेत्तण्डुलवारिणा ।।३८।।
सक्षौद्रं वा लिहेदेतत् पाचनं ग्राहिभेषजम् । तृष्णाऽरुचिप्रशमनं ज्वरातीसारनाशनम् ।।३९।।
प्रमेहं ग्रहणीदोषं गुल्मं प्लीहानमेव च । कामलां पाण्डुरोगञ्च श्वयथुञ्च विनाशयेत् ।।४०।।

37-40. Vyoṣādi Cūrṇa:

Ingredients: *Vyoṣa* (dried ginger), seeds of *vatsaka* (*indrayava*), *nimba* (barks), *bhūnimba*, *mārkava* (*bhṛingarāja*), *citraka*, *rohiṇī*, *pāṭhā*, *dārvī*, *ativiṣā* and fine powder of the bark of *vatsaka*.

Process of Drug-Making: Take 10 gm. measure each of the *vyoṣa* (dried ginger), seeds of *vatsaka* (*indrayava*), *nimba* (barks), *bhūnimba*, *mārkava* (*bhṛingarāja*), *citraka*, *rohiṇī*, *pāṭhā*, *dārvī* and *ativiṣā*. All these herbs should be compounded into a fine powder. Add to this fine powder the bark of *vatsaka* which is equal in weight to all these ingredients.

Method of use/Administration: The mix of the powders of all these herbs should be taken in doses of 1 to 3 gm. along with *taṇḍula vāri* (rice-washing) and honey measuring 30 ml and 10 gm. respectively.

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Therapeutic benefits: This is a carminative and constipate recipe. This cures morbid thirst, anorexia, fever, diarrhoea, jaundice, sprue-syndrome, *gulma* (phantom tumour), spleen disorder, *prameha* (obstinate urinary disorders including diabetes), anemia and edema.

कलिङ्गादिगुटिका–

कलिङ्गनिम्बबिल्वाम्रकपित्थं सरसाञ्जनम् । लाक्षां हरिद्रे ह्रीबेरं कट्फलं शुकनासिकाम् ।।४१।।
लोध्रं मोचरसं शङ्खं धातकीं वटशुङ्गकम् । पिष्ट्वा तण्डुलतोयेन वटकानक्षसम्मितान् ।।४२।।
छायाशुष्कान् पिबेत्क्षिप्रं ज्वरातीसारशान्तये । रक्तप्रसाधना ह्येते शूलातीसारनाशनाः ।।४३।।

41-43. Kalingādi Guṭikā:

Ingredients: *Kalinga*, *nimba* (bark), *bilva* (fruit pulp), stone of mango fruit, *kapittha* (fruit pulp), *rasāñjana*, *lākṣā*, both the types of *haridrā* (i. e. *haridrā* and *dāruharidrā*), *hṛibera*, *kaṭphala*, *śukanasikā*, *lodhra*, *mocarasa*, *śankha* (*bhasma*), *dhātakī* and *vaṭaśunga* or *vaṭajaṭānkura* (adventitious roots of the *vaṭa* tree) along with *taṇḍulodaka*.

Process of Drug-Making: Take in equal parts the following: *kalinga*, *nimba* (bark), *bilva* (fruit pulp), stone of mango fruit, *kapittha* (fruit pulp), *rasāñjana*, *lākṣā*, both the types of *haridrā*, *hṛibera*, *kaṭphala*, *śukanāsika*, *lodhra*, *mocarasa*, *śankha* (*bhasma*), *dhātakī* and *vaṭaśunga*or *vaṭajaṭānkura* (adventitious roots of the *vāta* tree). Prepare a fine powder of the mix of all these and churn the powder along with rice-washing (*taṇḍulodaka*) for one full day. Prepare pills of 1 gm. each out of the recipe and dry them under shade.

Method of use/Administration: One of these pills should be taken along with water.

Therapeutic benefits: It cures fever associated with diarrhoea instantaneously. It also checks bleeding diarrhoea as well as the diarrhoea associated with colic-pain.

कुटजावलेहः (बृहत्)–

कुटजत्वक् पलशतं जलद्रोणे विपाचयेत् । तेन पादावशेषेण शर्करापलविंशतिम् ।।४४।।
दत्त्वापक्त्वालेहपाकेचूर्णानीमानि निक्षिपेत् । पाठा समङ्गा बिल्वञ्च धातकी मुस्तकं तथा ।।४५।।
दाडिमातिविषा लोध्रं शाल्मलीवेष्टसर्जकम् । रसाञ्जनं धान्यकञ्च उशीरं बालकं तथा ।।४६।।
प्रत्येकमेषां कर्षांशं निक्षिपेत्पाकविद्भिषक् । शीते च मधुनस्तत्र कुडवार्द्धं विनिक्षिपेत् ।।४७।।
सर्वरूपमतीसारं ग्रहणीं सर्वरूपिणीम् । रक्तस्रुतिं ज्वरं शोथं वमिमशोंगदं तृषाम् ।।४८।।

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अम्लपित्तं तथा शूलमग्निमान्द्यं नियच्छति । अतीसारे ग्रहण्यां च प्रायो दृष्टफलस्त्वयम् ।।४९।।

44-49. Kuṭajāvaleha (Bṛihata):

Ingredients: *Kuṭaja* (bark), jaggery, *pāṭhā* (root), *samangā* (*manjiṣṭhā*) (root), *bilva* (fruit pulp), *dhātakī* (flowers), *mustaka* (root), fruit bark of *dāḍima*, *ativiṣā* (root), *lodhra* (bark), *śālmalī* (gum, resin), *śrīveṣṭaka* (exudates, resin), *sarjaka* (*sarja rasa*) (resin), *rasāñjana* (extract), coriander seeds, *uśīra* (root), *netrabālā* (root) and honey.

Process of Drug-Making: Decoct *kuṭaja* (bark) (4.670 Kg.) in water (12 litres) till it is reduced to one-forth. Add to it jaggery (935 gm.) and cook the same on moderate fire until it takes the consistency of a confection. Add to the preparation 12 gm. measure powder each of the following: *pāṭhā* (root), *samangā* (*manjiṣṭhā*) (root), *bilva* (fruit pulp), *dhātakī* (flowers), *mustaka* (root), fruit bark of *dāḍima*, *ativiṣā* (root), *lodhra* (bark), *śālmalī* (gum, resin), *śrīveṣṭaka* (exudates, resin), *sarjaka* (*sarja rasa*) (resin), *rasāñjana* (extract), coriander seeds, *uśīra* (root) and *netrabālā* (root).

All of the above materials should be well mixed and stirred. After removing from stove, the preparation should be allowed for cooling down. Finally, honey measuring 93 gm. should be mixed well into it.

Method of use/Administration: This confection is to be taken in doses of 6 gm. to 12 gm.

Therapeutic benefits: The *Kuṭajāvaleha* alleviates *sarvātisāra* (all types of diarrhoea), *sarvagrahaṇī* (all types of *grahaṇī*), *raktaśruti* (all types of haemorrhage), *jvara* (fever), *śotha* (edema), *vamana* (morbid vomiting), *arśa* (piles or haemorrhoids), *tṛiṣā* (morbid thirst), *āmlapitta* (hyperacidity), *śūla* (colic pain) and *agnimāndya* (deficient digestive power). It proves to be effective remedy practically with visible results (*dṛiṣṭaphala*).

कुटजावलेहः (तन्त्रान्तरोक्तो बृहत्)–

कुटजत्वक् पलशतं जलद्रोणे विपाचयेत् । तेन पादावशेषेण शर्कराप्रस्थकं पचेत् ।।५०।।
ततो लेहे घनीभूते चूर्णानीमानि दापयेत् । लवङ्गं जीरकं मुस्तं धातकी बिल्वबालकम् ।।५१।।
एला पाठा त्वचं शृङ्गी जातीफलमधूरिका । शक्रकातिविषाक्षारं काकोली च रसाञ्जनम् ।।५२।।
शाल्मलं वेष्टकं यष्टी समङ्गा रक्तचन्दनम् । वटशुङ्गं खादिरञ्च तथा जम्ब्वाम्रपल्लवम् ।।५३।।
एषामक्षसमं चूर्णं प्रक्षिपेत्पाकविद्भिषक् । सिद्धेऽवतारिते शीते मधुनः कुडवं न्यसेत् ।।५४।।
खादयेत्कर्षमात्रस्तु चानुपानविधिं शृणु । अनुपानं प्रदातव्यं दधिमस्तु त्वजापयः ।।५५।।

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चम्पककदलीमूलस्वरसं कर्षमानतः । भक्षयेत् प्रातरुत्थाय सङ्ग्रहग्रहणीं जयेत् ।।५६।।
रोगं रक्तातिसारञ्च चिरकालसमुद्भवम् । पक्वापक्वमतीसारं नानावर्णं सवेदनम् ।।५७।।
शोथातिसारसहितं ज्वरमाशु व्यपोहति ।।५८।।

50-58. Kuṭajāvaleha (Second Variety):

Ingredients: *Kuṭaja* (bark), sugar, *lavanga* (bud) (dried), cumin (seeds), *mustaka* (root), *dhātakī* (flowers), *bilva* (fruit pulp), *bālaka* (root), cardamom (seeds), *pāṭhā* (root), cinnamon (bark), *śṛīngī* (galls), *jātīphala* (seeds), *madhurikā* (fruits), *indrayava* (seeds), *ativiṣā* (root), *yavakṣāra* (alkali), *kākolī* (tubers), *rasāñjana* (extract), *śālmalī* (gum-resin), *śṛīveṣṭaka* (oleo-gum resin), *madhuyaṣṭī* (root), *samangā* (root), *candana* (red sandalwood), *vaṭaśunga* (adventitious roots of the *vāta* tree), *khadira* (bark/catechu), *jambū* (leaves), mango (leaves) and honey.

Process of Drug-Making: Decoct *kuṭaja* (bark) (4.670 kg.) in water (12 litres) till it is reduced to one-forth. Add to it sugar (750 gm.) and cook the same on moderate fire until it takes the consistency of a confection (*leha* or *avaleha*). Add to the preparation 12 gm. measure powder each of the following: *lavanga* (bud) (dried), cumin, *mustaka* (root), *dhātakī* (flowers), *bilva* (fruit pulp), *bālaka* (root), cardamom (seeds), *pāṭhā* (root), cinnamon (bark), *śṛīngī* (galls), *jātīphala* (seeds), *madhurikā* (fruits), *indrayava* (seeds), *ativiṣā* (root), *yavakṣāra* (alkali), *kākolī* (tubers), *rasāñjana* (extract), *śālmalī* (gum-resin), *śṛīveṣṭaka* (oleo-gum resin), *madhuyaṣṭī* (root), *manjiṣṭhā* (root), *candana* (red sandalwood), *vaṭaśunga* (adventitious roots of the *vāta* tree), *khadira* (bark/catechu), *jambū* (leaves) and mango (leaves).When the preparation cools down, add to it honey (93 gm.) and shake the preparation well.

Method of use/Administration: The *Kuṭajāvaleha* should be taken in doses of 612 gm. with *dadhimastu* (watery part of yogurt or curd) or goat's milk. Doses of 12 gm., taken regularly in early morning with the juice of *campaka* or root of banana plant, alleviates *sangrahaṇī*.

Therapeutic benefits: The drug is effective in alleviating chronic diarrhoea with blood, *pāka* (mature) and *apakva* (immature) cases of *atisāra*, diarrhoea with different colours and pain. It also cures fast the fever with edema and diarrhoea.

सिद्धप्राणेश्वरो रसः–

गन्धेशाभ्रं पृथग्वेदभागमन्यञ्च भागिकम् । स्वजिटङ्गयवक्षाराः पञ्चैव लवणानि च ।।५९।।

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वराव्योषेन्द्रबीजानि द्विजीराग्नियमानिकाः । सहिङ्गु बीजसारञ्च शतपुष्पा सुचूर्णिता ।।६०।।
सिद्धः प्राणेश्वरः सूतः प्राणिनां प्राणदायकः । माषैकं भक्षयेदस्य नागवल्लीदलैर्युतम् ।।६१।।
उष्णोदकानुपानञ्च दद्यात्तत्र पलत्रयम् । ज्वरातिसारेऽतिसृतौ केवले वा ज्वरेऽपि च ।।६२।।
घोरे त्रिदोषजे रोगे ग्रहण्यामसृगामये । वातरोगे च शूले च शूले च परिणामजे ।।६३।।

59-63. Siddhaprāṇeśvara Rasa:

Ingredients: *Gandhaka*, purified *pārada*, *abhraka bhasma*, *svarjikṣāra*, purified *tañkaṇa*, *yavakṣāra*, rock salt, *rucaka lavaṇa*, *viḍa lavaṇa*, *audbhida lavaṇa*, *samudra lavaṇa*, *harītakī*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *indrayava*, *śveta jīraka*, *kṛiṣṇa jīraka*, *citraka*, *yavānī*, *hingu* (fried with *ghṛita*), *viḍanga* (*bījasāra*) and *śatapuṣpā* (aniseeds).

Process of Drug-Making: Take four parts each of the purified *gandhaka*, purified *pārada* and *abhraka bhasma* and one part each of the following: *svarjikṣāra*, purified *tañkaṇa*, *yavakṣāra*, rock salt, *rucaka lavaṇa*, *viḍa lavaṇa*, *audbhida lavaṇa*, *samudra lavaṇa*, *harītakī*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *indrayava*, *śveta jīraka*, *kṛiṣṇa jīraka*, *citraka*, *yavānī*, *hingu* (fried with *ghṛita*), *viḍanga* (*bījasāra*) and *śatapuṣpā* (aniseeds).

First prepare *kajjalī* of *pārada* (mercury) and *gandhaka* (sulphur) and mix into it all the remaining drugs and triturate well the compound. Prepare pills measuring 60 mg. each and dry them.

Method of use/Administration: One should take one pill of the medicine as wrapped in the betel leaves. Following that the patient should drink 140 ml. measure of lukewarm water as *anupāna*.

Therapeutic benefits: *Siddhaprāṇeśvara Rasa* checks *jvarātisāra*, severe diarrhoea, diarrhoea with or without fever, severe fever caused by *tṛidoṣa*, *grahaṇī*, *raktavikāra*, *vatavikāra*, *śūla* and *pariṇāmaśūla*.

(*Rasendra Sār Sangraha*)

कनकसुन्दरो रसः–

हिङ्गुलं मरिचं गन्धं पिप्पली टङ्कणं विषम् । कनकस्य च बीजानि समांशं विजयाद्रवैः ।।६४।।
मर्दयेद्याममात्रन्तु चणमात्रा वटी कृता । भक्षणाद् ग्रहणीं हन्ति रसः कनकसुन्दरः ।।६५।।
अग्निमान्द्यं ज्वरं तीव्रमतिसारञ्च नाशयेत् । पथ्यं दध्योदनं दद्याद् यद्वा तक्रौदनं चरेत् ।।६६।।

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64-66. Kanaksundara Rasa:

Ingredients: Purified *hiñgula*, *marica* (fruit), purified *gandhaka*, *pippalī* (fruit), purified *tañkaṇa*, purified *vatsanābha*, purified *dhattūrā* seeds and (its) *vijayā drava* (leaves' juice).

Process of Drug-Making: Obtain equal part of the following: purified *hiñgula*, *marica* (fruit), purified *gandhaka*, *pippalī* (fruit), purified *tañkaṇa*, purified *vatsanābha*, purified *dhattūrā* seeds and (its) *vijayā drava* (leaves' juice).

First mix the purified *hiñgula* and *gandhaka* and powder the mix. Treat the mix with juice of *vijayā* leaves and get it triturated for three hours. Thereafter prepare pills of 250 mg. each and dry them under shade.

Method of use/Administration: While taking this drug, the patient should be served with cooked rice mixed in yoghurt or *takra* mixed with cooked rice.

Therapeutic benefits: Known as *Kanakasundara Rasa*, this medicine alleviates *grahaṇī*, *agnimāndya* (deficient digestive power), fever and *tīvrātisāra* (severe diarrhoea) and chronic dysentery.

कनकसुन्दरो रसः (बृहत्)–

शुद्धसूतं समं गन्धं मरिचं टङ्गणं तथा । स्वर्णबीजं समं मर्द्यं भार्गीद्रावैर्दिनार्द्धकम् ।।६७।।
सूततुल्यं मृतञ्चाभ्रं रसः कनकसुन्दरः । अस्य गुञ्जाद्वयं हन्ति पित्तातीसारमुग्रकम् ।।६८।।

67-68. Kanakasundara Rasa (Major Variety):

Ingredients: Purified *pārada*, purified *gandhaka*, *marica* (fruits), purified *tañkaṇa*, purified *svarṇabīja* (*kanaka* or *dhattūrā* seeds), *bhārgī* (juice) and *abhraka bhasma*.

Process of Drug-Making: Obtain 12 gm. measure powder of the purified *pārada*, purified *gandhaka*, *marica* (fruits), purified *tañkaṇa*, purified *svarṇabīja* (*kanaka* or *dhattūrā* seeds), *bhārgī* (juice) and *abhraka bhasma*.

First prepare *kajjalī* by combining and triturating together *pārada* (mercury) and *gandhaka* (sulphur) and mix into it all the remaining ingredients viz. *marica*, *tañkaṇa* and *dhattūrā*. Mortar the preparation with *bhārgī* (juice or decoction) for half day or six hours. Add to it the *abhraka bhasma* (12 gm., i.e. quantity equal to mercury) and get it triturated. Finally, the pills of 250 mg. each are prepared and dried under shade.

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Method of use/ Administration and Therapeutic benefits: One should take doses of one pill along with the decoction *Kirātatiktādi Kvātha* that eradicates *pittatisāra* (diarrhoea caused by vitiated *pitta*). This alleviates severe type of *pittajatisāra*.

(*Ras Rāj Sundara*)

गगनसुन्दरो रसः–

टङ्कणं दरदं गन्धमभ्रकञ्च समं समम् । दुग्धिकाया रसेनैव भावयेच्च दिनत्रयम् ।।६९।।
द्विगुञ्जं मधुना देयं श्वेतसर्जस्य वल्लकम् । विविधं नाशयेद्रक्तं ज्वरातीसारमुल्बणम् ।।७०।।
पथ्यं तक्रं पयश्छागमामशूलं विनाशयेत् । अग्निवृद्धिकरो ह्येष रसो गगनसुन्दरः ।।७१।।

69-71. Gaganasundara Rasa:

Ingredients: Purified *tañkaṇa*, purified *darada* (*hiñgula*), purified *gandhaka*, *abhraka bhasma* and juice of *dugdhikā*.

Process of Drug-Making: Take equal parts of the purified *tañkaṇa*, purified *darada* (*hiñgula*), purified *gandhaka* and *abhraka bhasma*. Compound them together and get the mix triturated after impregnating (*bhāvanā* - treating) the same with juice of *dugdhikā* for three consecutive days. This preparation should be kept for drying under shade.

Method of use/Administration: It should be given in doses of 250 mg. with honey and *śvetasarja* (*sarja rasa*) (375 mg.) powder. As wholesome diet, *takra* (buttermilk) and milk of goat should be served to the patient.

Therapeutic benefits: This *Gaganasundara Rasa* is considered to be affective to alleviate various types of blood hemorrhage and severe kinds of *jvarātisāra*. This also promotes *agni* or digestive power.

कनकप्रभा वटी–

सुवर्णबीजं मरिचं मरालपादं कणा टङ्कणकं विषञ्च ।
गन्धं जयाऽद्भिर्दिवसंविमर्द्यगुञ्जाप्रमाणांवटिकांविदध्यात् ।।७२।।
घोरातिसारं ग्रहणीज्वराग्निमान्द्यं निहन्यात्कनकप्रभेयम् ।
दध्योदनं पथ्यमनुष्णवारिमांसं भजेत्तित्तिरिलावकानाम् ।।७३।।

72-73.Kanaka Prabhā Vaṭī:

Ingredients: Seeds of *suvarṇa* (*vijayā*), *marica*, *marālapāda* (*hamsapādi hiñgula*), *kaṇā*, *tañkaṇa*, *viṣa*, *gandhaka* and juice of *jayā* (*vijayā*).

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Process of Drug-Making: Take equal part each of the seeds of *suvarṇa* (*vijayā*), *marica*, *marālapāda* (*hamsapādi hiñgula*), *kaṇā*, *tañkaṇa*, *viṣa* and *gandhaka*. Get their mix triturated with the juice of *jayā* (*vijayā*) and make pills weighing 125 mg. each. Dry the pills under shadow.

Method of use/Administration: The user should be served curd-rice, cold-water and meat-soup of *tittirī* (partridge) and *lāvaka* (wood-cutter) to eat.

Therapeutic benefits: This cures diarrhoea, sprue-syndrome, fever and suppression of the power of digestion of metabolism. This is called *Kanaka Prabhā Vaṭī*.

(*Rasendra Sār Sangraha*)

मृतसञ्जीवनी वटी–

मागधी वत्सनाभञ्च तयोस्तुल्यञ्च हिङ्गुलम् । मृतसञ्जीवनी ख्याता जम्बीररसमर्दिता ।।७४।।
मूलकस्य च बीजानां वटिका तुल्यरूपिणी । पानीया शीततोयेन ज्वरातीसारनाशिनी ।।
विसूच्यां सन्निपाते च ज्वरे चैवातिदुस्तरे ।।७५।।

74-75. Mṛitasanjīvanī Vaṭī:

Ingredients: *Pippalī* (fruit), purified *vatsanābha*, purified *hiñgula* and juice of *jambīra* lemon.

Process of Drug-Making: Take 12 gm. measure each of the *pippalī* (fruit) and purified *vatsanābha* and the purified *hiñgula* equal to their combined weight. Compound all of them together and ground them into a fine powder. Get the mix impregnated by juice of *jambīra* lemon. After triturating the preparation well, pills of 60 mg. should be prepared.

Method of use/Administration: This medicine is taken in doses of one pill along with cold water.

Therapeutic benefits: This alleviates *jvarātisāra*. It is effective in *viṣūci* (gastro-intestinal disorder), fever as well as in the most severe cases of *sannipātta* fever.

(*Rasendra Sār Sangraha*)

आनदभैरवो रसः (तन्त्रान्तरीयः)–

हिङ्गुलञ्च विषं व्योषं टङ्कणं गन्धकं समम् । जम्बीररससंयुक्तं मर्दयेद्यामकद्वयम् ।।७६।।
कासश्वासातिसारेषु ग्रहण्यां सान्निपातिके । अपस्मारेऽनिले मेहेऽप्यजीर्णे वह्निमान्द्यके ।।७७।।

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गुञ्जामात्रः प्रदातव्यो रस आनन्दभैरवः ।।७८।।

76-78. Ānandabhairava Rasa

(As formulated in some other text):

Ingredients: Purified *hiñgula*, purified *vatsanābha* (root), purified *tañkaṇa*, purified *gandhaka*, *śunṭhī*, *marica*, *pippalī* and juice of *jambīra* lemon.

Process of Drug-Making: Take in equal parts powder of each of the purified *hiñgula*, purified *vatsanābha* (root), purified *tañkaṇa*, purified *gandhaka*, *śunṭhī*, *marica* and *pippalī*.

First prepare a fine powder out of purified *hiñgula* and purified *gandhaka* and mix into it the rest of drugs. Get the mix impregnated by juice of *jambīra* lemon and triturate the preparation for six hours. After that the preparation should be retained in shade for drying.

Method of use/Administration: The medicine is prescribed to be taken in doses of 125 mg. with relevant *anupānas* in different diseases.

Therapeutic benefits: It alleviates *kāsa*, *śvāsa*, *atisāra*, *grahaṇī*, *sannipātika apasmāra*, *vātika prameha*, *ajīrna*, *agnimāndya* and similar indispositions.

(*Rasendra Sār Sangraha*)

अमृतार्णवः–

हिङ्गुलोत्थो रसो लौहं गन्धकं टङ्कणं शटी । धान्यकं बालकं मुस्तं पाठा जीरं घुणप्रिया ।।७९।।
प्रत्येकं तोलकं चूर्णं छागीक्षीरेण पेषितम् । माषैका वटिका कार्या रसोऽयममृतार्णवः ।।८०।।
वटिकां भक्षयेत्प्रातर्गहनानन्दभाषिताम् । धान्यजीरकचूर्णेन विजयाशालबीजतः ।।८१।।
मधुना छागदुग्धेन मण्डेन शीतवारिणा । कदलीमोचकरसैः कण्टकारीद्रवेन वा ।।८२।।
अतीसारं जयेदुग्रमेकजं द्वन्द्वजं तथा । दोषत्रयसमुद्भूतमुपसर्गसमन्वितम् ।।८३।।
शूलघ्नो वह्निजननो ग्रहण्यर्शोविकारनुत् । अम्लपित्तप्रशमनः कासघ्नो गुल्मनाशनः ।।८४।।

79-84. Amṛitārṇava:

Ingredients: *Hiñgulottha pārada* (purified *pārada*), purified *gandhaka*, *lauha bhasma*, purified *tañkaṇa*, *karcūra* (root), *dhānyaka* (fruit), *bālaka* (*sugandhabālā*) (root), *mustaka* (root), *pāṭhā* (root), *śveta jīraka* (fruit), *ativiṣā* (root) and milk of goat.

Process of Drug-Making: Take 12 gm. measure powder of each of the *Hiñgulottha pārada* (purified *pārada*), purified *gandhaka*, *lauha bhasma*, purified *tañkaṇa*, *karcūra* (root), *dhānyaka* (fruit), *bālaka* (*sugandhabālā*) (root), *mustaka* (root), *pāṭhā* (root), *śveta jīraka* (fruit) and *ativiṣā* (root).

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Prepareing *kajjalī* out of the *pārada* and *gandhaka* mix all the rest of the components into it. This mixture is to be impregnated with milk of goat and triturated properly for one full day. Finally prepare pills measuring 60 mg. each. The medicine has been evolved by Āchārya Gahanānanda.

Method of use/Administration: The *Amṛitārṇava Rasa* is to be taken with anyone or more of the following *anupānas*: powder of *dhānyaka* and *jīraka*, purified *vijayā*, powder of *śālabīja* (seeds of the *śālā* tree), honey, goat's milk, *manḍa* (water obtained from cooked rice, having no grains left in it), cold water, juice of banana's trunk, *mocarasa* and decoction of *kañṭakārī* roots.

Therapeutic benefits: It eliminates cases of severe diarrhoea and diarrhoea (*atisāra*) caused by *ekadoṣa*, *dvidoṣa*, *tṛidoṣa* and *upasarga* as well as the diarrhoea with several complications.

The medicine is capable to alleviate colic pain and to promote gastric or digestive power (*vahnijanana*). It eliminates *grahaṇī* (chronic diarrhoea), *arśa* (haemorrhoids), *āmlapitta* (hyperacidity), *kāsa* (bronchitis) and *gulma* (abdominal lump).

(*Rasendra Sār Sangraha*)

अभ्रवटिका–

अथ शुद्धस्य सूतस्य गन्धकस्याभ्रकस्य च । प्रत्येकं कर्षमानं तु ग्राह्यं रसगुणैषिणा ।।८५।।
ततःकज्जलिकांकृत्वाव्योषचूर्णं प्रदापयेत् । केशराजस्य भृङ्गस्य निर्गुण्ड्याश्चित्रकस्य च ।।८६।।
ग्रीष्मसुन्दरकस्याथ जयन्त्याः स्वरसं तथा । मण्डूकपर्ण्याः स्वरसं तथा शक्राशनस्य च ।।८७।।
श्वेतापराजितायाश्च स्वरसं पर्णसंभवम् । दापयेत्तत्र तुल्यं च विधिज्ञः कुशलो भिषक् ।।८८।।
रसतुल्यं प्रदातव्यं चूर्णं मरिचसंभवम् । देयं रसार्द्धभागेन चूर्णं टङ्कणसंभवम् ।।८९।।
शुभे शिलामये पात्रे घर्षणीयं प्रयत्नतः । शुद्धमातपसंयोगाद्वटिकां कारयेद्भिषक् ।।९०।।
कलायपरिमाणां तु खादेत्तां तु प्रयत्नतः । दृष्ट्वा वयश्चाग्निबलं यथाव्याध्यनुपानतः ।।९१।।
हन्तिकासंक्षयं श्वासं वातश्लेष्मभवां रुजम् । परं बाजीकरः श्रेष्ठो बलवर्णाग्निवर्द्धकः ।।९२।।
ज्वरे चैवातिसारे च सिद्ध एष प्रयोगराट् । नातः परतरः श्रेष्ठो विद्यतेऽभ्ररसायनात् ।।९३।।
चातुर्थिके ज्वरे श्रेष्ठः सूतिकातङ्कनाशनः । भोजने शयने पाने नास्त्यत्र नियम क्वचित् ।
दधि चावश्यकं भक्ष्यं प्राह नागार्जुनो मुनिः ।।९४।।

85-94. Abhra Vaṭikā:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *tṛikaṭu* (dried ginger, *marica* and *pippalī*) (powder), *keśarāja* (*āmalakī*), *bhṛingarāja* (herb), *nirgunḍī* (leaves/root), *citraka* (root), *grīṣmasundaraka* (leaves), *jayantī*

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(root/leaves), *manḍukaparṇī* (herb), *śakrāsana* (leaves), *śvetaparājitā* (root), *nāgaravallī* (leaves), powder of black pepper (*marica*) and purified *tañkaṇa*.

Process of Drug-Making: Taking 12 gm. measure powder of each of the purified *pārada*, purified *gandhaka* and *abhraka bhasma* prepare a *kajjalī* out of them. Add to the *kajjalī* the following ingredients each measuring equal to the *kajjalī* in weight: *tṛikaṭu* (dried ginger, *marica* and *pippalī*) (powder), *keśarāja* (*āmalakī*), *bhṛingarāja* (herb), *nirgunḍī* (leaves/root), *citraka* (root), *gṛīṣmasundaraka* (leaves), *jayantī* (root/leaves), *manḍukaparṇī* (herb), *śakrāsana* (leaves), *śvetaparājitā* (root) and *nāgaravallī* (leaves).

The preparation should be subsequently added with the powder of black pepper (*marica*) in quantity equal to the *pārada* above. Also add to it purified *tañkaṇa* in quantity half to the above *pārada* or mercury. This mixture is triturated well constantly and following that, pills, each of the weight of 250 mg. should be prepared and dried under sun.

Method of use/Administration: There is no regulatory instruction for patient using this medicine as regard to the diet, sleep and drinks (*pāna*). However, the patient must take curd while taking this *Abhrarasāyaṇa*. The medicine has been propounded by sage Nāgarjuna.

Therapeutic benefits: Taken with suitable (considering the age and strength of the patient) vehicle (*anupāna*) pills of *Abhra Vāṭikā* alleviate *kāsa* (coughs), bronchitis and allied problems as well as throat complaints, *śvāsa* (bronchial asthma), *kṣaya* (pulmonary tuberculosis and consumption) and diseases caused by *vāta* and *kapha doṣa*. This medicine also serves as an excellent aphrodisiac. It promotes *bala* (strength, stamina and physical capability), *varṇa* (complexion, lusture or bark glow) and *agni* (gastric or digestive power) and the like. It is also useful in cases of *jvara*, *atisāra* and *jvarātisāra*. No drug is as anti-disease as well as strength-promoting as this *Abhra Vāṭikā*. This drug formulation alleviates *caturthikā jvara* (quartian fever) and *sutikā roga* (puerperal ailments).

(*Rasendra Sār Sangraha*)

कारुण्यसागररसः–

भस्मसूताद्द्विधा गन्धं तथा द्वित्वं मृताभ्रकम् । दिनं सार्षपतैलेन पिष्ट्वा यामं विपाचयेत् ।।९५।।
रसैर्मार्कवमूलोत्थैः पिष्ट्वा यामं विपाचयेत् । त्रिक्षारपञ्चलवणविषव्योषाग्निजीरकैः ।।९६।।
सविडङ्गैस्तुल्यभागैरयं कारुण्यसागरः । माषमात्रं ददीतास्य भिषक् सर्वातिसारके ।।९७।।
सज्वरे विज्वरे वाऽपि सशूले शोणितोद्भवे । निरामे शोथयुक्ते वा ग्रहण्यां सान्निपातिके ।।९८।।
अनुपानं विनाऽप्येष कार्यसिद्धिं करिष्यति ।।९९।।

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95-99.Kāruṇyasāgara Rasa:

Ingredients: *Sūtabhasma* or *rasa sindūra* (*pārada bhasma*), purified *gandhaka*, *abhraka* (*bhasma*), mustard oil, juice of *bhṛingarāja* (*pañcānga* or root), *svarjikakṣāra*, purified *tañkaṇa*, *yavakṣāra*, rock salt, *rucaka lavaṇa*, *audbhida lavaṇa*, *samudra lavaṇa*, purified *vatsanābha* (root), dried ginger (rhizome), *marica* (fruits), *pippalī*, *citraka* (root), *jīraka* (fruits) and *viḍanga* (fruits-seeds).

Process of Drug-Making: Take 12 gm. measure of the *pārada bhasma* and 23 gm. measure each of the purified *gandhaka* and *abhraka* (*bhasma*). First of all, the fine powder of *pārada bhasma* and purified *gandhaka* along with *abhraka bhasma* is prepared and triturated along with mustard oil. This preparation should be packed in a *śarāva saṁpuṭa* and processed through fire in a *Bālukā Yañtra* for three hours. Subsequently, the processed drug should be taken out when it gets cool on its own (*svāngaśīta*). Thereafter the preparation is impregnated (processed through the *bhāvanā* method) with the juice of *bhṛingarāja* (*pañcānga* or its root) and mortared into a lump. It is again cooked for three hours (*yāma*) in *Bālukā Yañtra* as done previously.

Subsequently, the processed drug material should be taken out from the *Bālukā Yañtra* and should be compounded into fine powder. Add to this powder 12 gm. measure each of the following ingredients: *svarjikakṣāra*, purified *tañkaṇa*, *yavakṣāra*, rock salt, *rucaka lavaṇa*, *audbhida lavaṇa*, *samudra lavaṇa*, purified *vatsanābha* (root), dried ginger (rhizome), *marica* (fruits), *pippalī*, *citraka* (root), *jīraka* (fruits) and *viḍanga* (fruits-seeds). After mixing a little water to it compound the mixture for three hours. Finally, pills measuring 60 mg. each should be prepared and dried under shade.

Method of use/ Administration and Therapeutic benefits: One pill of the *Kāruṇyasāgara Rasa* should be taken daily in all types of *atisāra*, diarrhorea with or without fever, diarrhoea with colic pain, diarrhoea with blood (*śonitodbhava*), diarrhoea with edema, *raktātisāra*, *nirāmātisāra*, *grahaṇī* and *sannipātātisāra*. The medicine is effective even without *anupānas* (vehicles) in treating the above diseases.

(*Rasendra Sār Sangraha*)

मृतसञ्जीवनो रसः–

रसगन्धौ समौ ग्राह्यौ सूतपादं विषं क्षिपेत् । सर्वतुल्यं मृतञ्चाभ्रं मर्द्यं धुस्तूरजैर्द्रवैः ।।१००।।

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सर्पाक्ष्याश्चद्रवैर्यामं कषायेणाथ भावयेत् । धातक्यतिविषा मुस्तं शुण्ठीजीरकबालकम् ।
यमानीधान्यकं बिल्वं पाठापथ्याकणान्वितम् ।।१०१।।
कुटजस्यत्वचंबीजंकपित्थंबालदाडिमम् । प्रत्येकंकर्षमात्रं स्यात् कुट्टितं क्वाथयेज्जलैः ।।१०२।।
चतुर्गुणं जलं दत्त्वा यावत्पादावशेषितम् । अनेन त्रिदिनं भाव्यं पूर्वोक्तं मदितं रसम् ।।१०३।।
रुद्ध्वा तद्वालुकायन्त्रे क्षणं मृद्वग्निना पचेत् । मृतसञ्जीवनो नाम द्विगुञ्जाप्रमितो रसः ।।१०४।।
दातव्यस्त्वनुपानेन चासाध्यमपिसाधयेत् । षट्प्रकारमतीसारं साध्यासाध्यं जयेद् ध्रुवम् ।।१०५।।
नागरातिविषा मुस्तं देवदारु कणा वचा । यमानी बालकं धान्यं कुटजत्वग् हरीतकी ।।१०६।।
धातकीन्द्रयवा बिल्वं पाठा मोचरसं समम् । चूर्णितं मधुना लेह्यमनुपानं सुखावहम् ।।१०७।।

100-107. Mṛitasanjīvana Rasa:

Ingredients: Purified *sūta*, *gandhaka*, *viṣa*, *abhrakabhasma*, *dhattūrā* (leaves or roots), juice of *sarpākṣī*, *dhātakī*, *ativiṣā*, *mustā*, dried ginger, *bālaka*, *jīraka*, *yavānī*, *dhānyaka*, *bilva*, *pāṭhā*, *pathyā*, *kaṇā*, *amṛitā*, bark of *kuṭaja*, seeds of *kapittha* and fruit of *dāḍima*.

Process of Drug-Making: Take purified *sūta* (48 gm.), *gandhaka* (48 gm.), *viṣa* (12 gm.) and *abhraka bhasma* (108 gm.). All of them should be triturated with the juice of *dhattūrā* (leaves or roots) for three hours andsubsequently, with the juice of *sarpākṣī* for three hours. Then a decoction of herbs including *dhātakī*, *ativiṣā*, *mustā*, dried ginger, *bālaka*, *jīraka*, *yavānī*, *dhānyaka*, *bilva*, *pāṭhā*, *pathyā*, *kaṇā*, *amṛitā*, bark of *kuṭaja*, seeds of *kapittha* and fruit of *dāḍima* taken in the quantity of 12 gm. each should be prepared. [These drugs should first of all be made to a *kalka* by triturating them together. Subsequently the paste should be boiled with four times of water till one forth of the original remains.] The above preparation (involving *sūta*, *gandhaka*, etc.) should be impregnated with this decoction for three consecutive days. The recipe should then be cooked in *Bālukā Yañtra* by applying a mild fire.

Method of use/ Administration and Therapeutic benefits: This is called *Mṛitasanjīvana Rasa*. It is administered in the doses of 500 mg. along with the *anupāna* of 1 gm. measure each of the powders of *nāgara*, *ativiṣā*, *mustā*, *devadāru*, *vacā*, *kaṇā*, *yavānī*, *bālaka*, *dhānya*, bark of *kuṭaja*, *abhayā*, *dhātakī*, *indrayava*, seed pulp of *bilva*, *pāṭhā* and *mocarasa*, taken in equal quantity as well as honey measuring 6 gm. Taken properly this medicine removes away six kinds of curable and (seemingly) incurable cases of *atisāra*.

प्राणेश्वरो रसः–

रसगन्धकमभ्रञ्च टङ्कणं शतपुष्पकम् । यमानी जीरकाख्यञ्च प्रत्येकं कर्षयुग्मकम् ।।१०८।।

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कर्षमेकं यवक्षारं हिङ्गु पटुकपञ्चकम् । विडङ्गेन्द्रयवे सर्जरसकं चाग्निसंज्ञितम् ।।१०९।।
घृष्ट्वा च वटिका कार्या नाम्ना प्राणेश्वरो रसः ।।११०।।

108-110. Prāṇeśvara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, purified *tañkaṇa*, aniseeds, *yavanikā* (fruits), cumin seeds, *yavakṣāra*, asafoetida (fried with *ghṛitam*), each of the *pañcalavaṇa* (five types of salt), *viḍanga* (fruit-seeds), *indrayava* (fruit-seeds), *sarja rasa* (resin-*sarja rasa*) and *citraka* (root).

Process of Drug-Making: Take 24 gm. measure each of the following: purified *pārada*, purified *gandhaka*, *abhraka bhasma*, purified *tañkaṇa*, aniseeds, *yavanikā* (fruits) and cumin seeds. Also take 12 gm. measure of the *yavakṣāra*, asafoetida (fried with *ghṛitam*), each of the *pañcalavaṇa* (five types of salt), *viḍanga* (fruit-seeds), *indrayava* (fruit-seeds), *sarja rasa* (resin-*sarja rasa*) and *citraka* (root).

First prepare *kajjalī* by combining *pārada* and *gandhaka* and subsequently mix into it the powder of all the remaining ingredients. Triturating the preparation well make pills measuring 500 mg. each and dry them.

Therapeutic benefits: This prescription known as *Prāṇeśvara Rasa* alleviates *jvara* (fever), *atisāra* (diarrhoea) and the like indispositions.

इति भैषज्यरत्नावल्यां ज्वरातिसारचिकित्सा समाप्ता ।।
इति विद्योतिनीटीकायां ज्वरातिसारचिकित्साप्रकरणम् ।।६।।

End of the Chapter 6 of Bhaiṣajya Ratnāvalī with Commentary

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अथातिसार-चिकित्साप्रकरणम् ७

Chapter 7
Atisāra (Diarrhoea)

Note - The term '*Ati*' means 'excess' and the part '*sāra*' means 'flowing'. Thus the *Atisāra* or diarrhoea is flowing out in excess of the loose stools from the bowels. It is an increased liquidity, frequency or volume of motions as compared to normal passing of stools buy a person. Medically, it has been suggested that such episode clears within 2 to 3 days even without treatment only from fluid balance. In normal person it is colon that absorbs water from food residues making contents semisolid but if intestinal contents anyhow pass too quickly from it, it may result in diarrhoea.

This condition may be due to so many causes. Some of them are as follows: food poisoning, infected water, indigestion, and toxin inflammation of the mucus membrane of intestine and intestinal worms. The present work describes mainly the two groups of diarrhoea.

2. *Āmātisāra*: If the patient of diarrhoea passes slimy faces with foul smell that sinks in water, this is *Āmātisāra* type of diarrhoea.

3. *Pakvātisāra*: If the patient feels lightness in the body and his stool does not sink in the water, this is condition of *Pakvātisāra* type of diarrhoea.

Other types of diarrhoea referred to in the work name the following *Kaphaja*, *Vātaja*, *Pittaja* together with *Śothātisāra* (diarrhoea due to colitis), *Raktātisāra* (i.e. blood diarrhoea) and *Pravāhikā* i.e. the dysentery. In *Kaphaja* diarrhoea, the stool of the patient is more viscous and slimy, full of mucus and of white colour. The frequency is less but quantity is more. The patient complains of heaviness over the abdomen and rectal area. One feels sleepy and becomes lethargic. In *Vātaja* diarrhoea, the frequency is more but the quantity is lesser. The patient passes stool with sound and pain and the stool is foamy, viscous and liquid. The patient feels the movement of gas in bowels. There is pain in thigh, knees and back at the time of passing stool. There is a dryness of mouth. The colour of stool is brown. In *Pittaja* diarrhoea, the patient passes loose stool of yellow and reddish colour with burning sensation in the bowels. The stool is hot. The patient is thirsty

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and feels dryness of the mouth. Sometimes there is burning sensation in the rectum. Besides these types of diarrhoea, there has been reference to mixed types of the disease like *vātapitta* diarrhoea, *pittakapha* diarrhoea and others.

अतिसारचिकित्साक्रमनिर्देशः–

आमपक्वक्रमं हित्वा नातिसारे क्रिया यतः । अतः सर्वातिसारेषु ज्ञेयं पक्वामलक्षणम् ।।१।।

1. To a patient suffering from *atisāra* (diarrhoea), therapies are administered keeping in view the *āma* or *pakva* stage of the disease. Therefore, it is necessary to determine the signs and symptoms of *āma* and *pakva* stages of all types of diarrhoea.

(Cakradatt)

आमपक्वातीसारलक्षणम्–

मज्जत्यामा गुरुत्वाद्विट् पक्वा तूत्प्लवते जले । विनातिद्रवसङ्घातशैत्यश्लेष्मप्रदूषणात् ।।२।।

2. *Āma* and *Pakva* Stages of stool: During *āma* stage, the stool is heavy because of which it sinks when placed over water. It floats on water during the *pakva* stage. If there is predominance of *kapha*, then the stool, in its *pakva* stage, is neither thin nor compact and it sinks in the water. This is an exception to the general rule.

(Cakradatt)

आमपक्वयोरपरलक्षणम्–

शकृद्दुर्गन्धि साटोपविष्टम्भार्त्तिप्रसेकिनः । विपरीतं निरामन्तु कफात्पक्वञ्च मज्जति ।।३।।

3. The stool with *āma* has a foul-smell. It causes wind formation in the abdomen (*aṭopa*), constipation, pain and salivation. The stool having opposite qualities is free from *āma* and may be thus classed into *pakva* type of *atisāra*. The stool in this indisposition can also sink in water if it is afflicted with *kapha*.

(Cakradatt)

आमातिसारचिकित्साविधिः–

न तु सङ्ग्रहणं दद्यात् पूर्वमामातिसारिणे । दोषा ह्यादौ रुद्ध्यमाना जनयन्त्यामयान् बहून् ।।४।।
शोथपाण्ड्वामयप्लीहकुष्ठगुल्मोदरज्वरान् । दण्डकालसकाध्मानग्रहण्यर्शोगदांस्तथा ।।५।।

4-5. In the first stage of *āmātisāra*, bowel-binding (constipating) drugs should not be administered. If done so, *doṣas* get further aggravated and cause several other diseases like edema, anemia, spleen disorders, *kuṣṭha* (skin diseases

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including leprosy), *gulma* (phantom tumour), *udara* (abdominal diseases including ascites), *danḍaka alasaka* (a type of intestinal disorder), *ādhmāna* (excessive wind formation in the abdomen), sprue syndrome and piles.

(Cakradatt)

निषेधविषयाः–

क्षीणधातुबलार्त्तस्यबहुदोषोऽतिनिःसृतः । आमोऽपि स्तम्भनीयः स्यात् पाचनान्मरणं भवेत् ।।६।।

6. If the patient has become emaciated and weak, and if *doṣas* are eliminated in excess through loose motions, then even in *āma* stage, bowel-binding (*stambhan*) therapy should be administered as the application of *pācana* therapy (which helps in the digestion of *āmadoṣa*) to such a person might cause his death.

(Cakradatt)

सांग्राहिकभेषजदानसमयः–

पाकोऽसकृदतीसारो ग्रहणीमार्दवाद्यदा । प्रवर्तते तदा कार्यः क्षिप्रं साङ्ग्राहिको विधिः ।।७।।

7. Because of the softness of *grahaṇī* (small intestine), the stool comes out in *pakva* form (free from *āma*). In that case *samgrāhīka* (bowel-binding) therapy should be immediately administered.

आमातीसारे चिकित्साक्रमः–

आमे विलङ्घनं शस्तमादौ पाचनमेव वा । कार्यञ्चानशनस्यान्ते प्रद्रवं लघुभोजनम् ।।८।।

8. Prescriptions for Āmātisāra type of Diarrhoea:

In the beginning of *āma* stage *langhaṇa* (fasting) is useful. *Pācana* (carminative) therapy is also useful in this stage. After fasting, liquid and light food (like *lājā*, *manḍa* and *peya*) should be given to the patient. After fasting, the patient should be served with light meals.

Note: If the symptoms are not reflecting a higher degree of indisposition, *langhaṇa* (fasting) is best remedy. However, if the symptoms demonstrate a greater degree of ailment one should involve digestive herbs as well. Caraka's text has also suggested likewise.

(Cakradatt)

लङ्घनस्योत्तमत्वनिर्देशः–

लङ्घनमेकंत्यक्त्वानान्यत्किमपीहभेषजंबलिनः। समुदीर्णं दोषचयं शमयति तत्पाचयत्यपि च ।।९।।

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9. If the patient of *Āmātisāra* has strength, there is no therapy except *langhaṇa* (fasting) to cure him. It alleviates the aggravated *doṣas* and helps in their *pāka* (metabolic transformation).

(Cakradatt)

अतीसारे जलप्रयोगः–

ह्रीवेरशृङ्गवेराभ्यां मुस्तपपटकेन वा । मुस्तोदीच्यशृतं तोयं देयं वाऽपि पिपासवे ।।१०।।

10. If there is thirst, the patient should be given water boiled with both *hṛibera* and *śṛīngavera* or *mustā* and *parpaṭa* or *mustā* and *udīcya*. The herbs should be taken in measure of 12 gm. each.

(Cakradatt)

तत्र पथ्यानि–

युक्तेऽन्नकाले क्षुत्क्षामं लघून्यन्नानि भोजयेत् ।।११।।
औषधसिद्धा पेया लाजानां शक्तवोऽतिसारहिताः । वस्त्रप्रस्रुतमण्डः पेया च मसूरयूषश्च ।।१२।।

11-12. If the patient of diarrhoea is hungry, he should be given light food to eat. *Peya* (thin gruel without containg any grains in it) prepared by boiling with appropriate drugs, or fried paddy or roasted-corn flour mixed along with water is also useful for him. The *manḍa* (that does not contain *siktaka*) can also be taken by the patient.

(Cakradatt)

गुर्वी पिण्डी खराऽत्यर्थं लघ्वी सैव विपर्ययात् । शक्तूनामाशु जीर्येत मृदुत्वादवलेहिका ।।१३।।

13. *Saktu* (roasted corn flour) in bolus form is heavy to digest; otherwise it is light for digestion. Among the different types of *śaktu*, *avalehikā* (the one used in confections-form is easily digestible because of its softness.

(Cakradatt)

धान्योदीच्यशृतं तोयं तृष्णादाहातिसारनुत । आभ्यामेव सपाठाभ्यां सिद्धमाहारमाचरेत् ।।१४।।

14. If the patient is feeling excessive thirst with burning sensation, food boiled with *dhānya* and *udīcya* and *pāṭhā* should be served to him. It cures thirst, burning sensation and dirarrhoea.

(Cakradatt)

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अस्फुटदोषेषु विरेचनम्–

स्तोकं स्तोकं विबद्धं वा सशूलं योऽतिसार्यते । अभयापिप्पलीकल्कैः सुखोष्णैस्तं विपाचयेत् ।।१५।।

15. If the patient passes stool in small quantities in compact form associated with pain, then he should be administered the lukewarm *kalka* of *abhayā* and *pippalī* for *virecana* (purgation).

(Cakradatt)

नागरादिक्वाथः–

नागरातिविषामुस्तैरथवा धान्यनागरैः । तृष्णाशूलातिसारघ्नं पाचनं दीपनं लघु ।।१६।।

16. Nāgarādi Kvātha:

Ingredients: Dried ginger, *ativiṣā* and *mustā* or coriander seeds and dried ginger.

Process of Drug Making: Take either of the combinations involving each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take either of the decoctions in doses of 50 ml.

Therapeutic Benefits: Either of the preparations is capable to treat diarrhoea attached with thirst and pain. Both of the drugs remove *āmadoṣas*. They also promote the digestive power.

(Cakradatt)

पाठादिक्वाथः–

पाठावत्सकबीजानि हरीतक्यो महौषधम् । एतदामसमुद्भूतमतीसारं सवेदनम् ।
कफात्मकं सपित्तं च वर्चो बध्नात्यसंशयम् ।।१७।।

17. Pāṭhādi Kvātha:

Ingredients: *pāṭhā*, seeds of *vatsaka*, *harītakī* and *mahauṣadha*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

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Therapeutic Benefits: It certainly cures *āmātisāra* associated with pain and the one caused by the *doṣas* like *kapha* and *pitta*.

(Cakradatt)

आमातिसारे क्षीरपाकः–

पयस्युत्क्वाथ्यमुस्ता वा विंशतिं भद्रकाह्वयाः । क्षीरावशिष्टं तत् पीतं हन्यादामं सवेदनम् ।।१८।।

18. *Bhadra mustās* (20 gm.) should be boiled along with goat's milk measuring eight times the quantity of the *mustā* (160 ml.) and water four times larger than the weight of milk. The boiling should continue till the milk only remains. Intake of this milk cures diarrhoea associated with *āma* pain.

(Cakradatt)

धान्यपञ्चकं धान्यचतुष्कञ्च–

धान्यकं नागरं मुस्तं बालकं बिल्वमेव च । आमशूलविबन्धघ्नं पाचनं वह्निदीपनम् ।।१९।।

19. Dhānya Pañcaka:

Ingredients: *Dhānyaka*, *nāgara*, *mustā*, *bālaka* and *bilva*.

Process of Drug Making: *Dhānyaka*, *nāgara*, *mustā*, *bālaka* and *bilva* combination of these herbs is called *Dhānya Pañcaka*. Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic Benefits: The decoction or powder of these herbs together cures colic-pain caused by *āma* and constipation. They are carminative and stimulant of digestion.

(Cakradatt)

इदं धान्यचतुष्कं स्यात् पैत्ते शुण्ठीं बिना पुनः ।।२०।।

20. Dhānya Catuṣka:

Ingredients: *Dhānyaka mustā*, *bālaka* and *bilva*.

Process of Drug Making: *Dhānyaka mustā*, *bālaka* and *bilva* combination of these herbs is called (excluding *nāgara* from the five drugs described in *Dhānya Pañcaka*) *Dhānya Catuśka*. Take each of the herbs in equal parts. Thus raise 25

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gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic Benefits: These are useful in diarrhoea caused by vitiated *pitta*.

(Cakradatt)

बृहच्छालपर्ण्यादि-षडङ्गपानीयम्–

शालपर्णी पृश्निपर्णी बृहती कण्टकारिका । बला श्वदंष्ट्रा बिल्वानि पाठा नागरधान्यकम् ।
एतदाहारसंयोगे हितं सर्वातिसारिणाम् ।।२१।।

21. Bṛihat Śāliparṇyadi:

Ingredients: *Śāliparṇī*, *pṛiśniparṇī*, *bṛihatī*, *kañṭakārīkā*, *balā* (roots), *śvadamṣṭra* (*gokṣura*), *bliva* (fruit pulp), *pāṭhā*, *nāgara* and *dhānyaka*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. These drugs should be added to food preparations like *yavāgū*, *peya*, *manḍa* and *vilepī*.

Therapeutic Benefits: This decoction is useful for all types of diarrhoea.

(Cakradatt)

धान्यपञ्चकसंसिद्धोधान्यविश्वकृतोऽथवा । आहारोभिषजा योज्यो वातश्लेष्मातिसारिणाम् ।।२२।।

22. Dhānya Pañcakādi Kvātha:

For a patient suffering from diarrhoea caused by the vitiation of *vāyu* and *kapha*, the physician should prescribe such diets as the *peya*, *manḍa*, *kṛiśara* and *vilepī* prepared by involving *dhānya pañcaka* above (see para 19 above) or only *dhānya* and *viśvā*.

(Cakradatt)

स्वल्पशालपर्ण्यादि षडङ्गपानीयम्–

शालपर्णीबलाबिल्वैःपृथक्पर्ण्याचसाधिता । दाडिमाम्लाहितापेयापित्तश्लेष्मातिसारिणाम् ।।२३।।

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23. Śāliparnyādi Ṣaḍangapānīyam:

The *peya* (thin gruel without containg any grains in it) prepared as per the method of *ṣaḍangapānīya* process by adding *śāli parṇī*, *balā*, *bilva* (fruit pulp) and *pṛithakaparṇī* and made sour by adding seeds of *dāḍima* is useful for diarrhoea caused by the aggravation of *pitta* and *kapha*.

Note: *Ṣaḍangapānīya* method: As suggested by the commentator, this decoction method involves boiling the preparation till it is reduced to one-half. Generally, this method is applied to the cooking of six, i.e. *ṣaḍa* herbs, hence the name *Ṣaḍangapānīya*.

(Cakradatt)

वातपित्तेपञ्चमूल्या कफे वा पञ्चकोलकैः ।।२४।।

24. The decoction of the *laghupañcamūla* (i.e. *śālaparṇī*, *pṛiṣṭhaparṇī*, *vṛihatī*, *kaṇṭakārīkā and gokṣura*) herbs or the *pañcakola* (i. e. *pippalī*, *pippalīmūla*, *cavya*, *chīraka* roots and *śunṭhī*) herbs is very helpful for the patients of diarrhoea.

(Cakradatt)

शालपर्ण्यादिक्षीरपाकः–

शालपर्णीबिलाबिल्वधान्यशुण्ठीशृतं पयः । आध्मानशूलसहितां वातजां ग्रहणीं जयेत् ।।२५।।

25. Take in equal parts the herbs *śāli parṇī*, *balā*, pulp of unripe *bilva* fruit, coriander seeds and dried ginger and decoct them in water four times greater to their combined weight. This medicated water removes *grahaṇī* (sprue) generated due to *vāta* and the resultant *ādhmāna* and colic pains.

वत्सकादिक्वाथः–

सवत्सकःसातिविषः सबिल्वः सोदीच्यमुस्तश्च कृतः कषायः ।
सामे सशूले सहशोणिते च चिरप्रवृत्तेऽपि हितोऽतिसारे ।।२६।।

26. Vatsakādi Kvathā:

Ingredients: *Vatsaka*, *ativiṣā*, pulp of unripe *bilva* fruit, *netrabālā*, and *mustaka*.

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Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic Benefits: This is very helpful in treatment of different types of diarrhoea, including the *āmātisāra*, diarrhoea with colic pains, blood - diarrhoea, and the chronic diarrhoea.

(Cakradatt)

पथ्यादिक्वाथः–

पथ्यादारुवचामुस्तैर्नागरातिविषाऽन्वितैः । आमातीसारनाशाय क्वाथमेभिः पिबेन्नरः ।।२७।।

27. Pathyādi Kvātha:

Ingredients: *Pathyā* (*haraḍa*), *devadāru*, *vacā*, *mustā*, dried ginger and *ativiṣā*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic Benefits: It checks cases of diarrhoea (*āmātisāra*).

(*Bhāvaprakāśa*)

यमान्यादिक्वाथः–

यमानीनागरोशीरधनिकातिविषाघनैः । बालबिल्वद्विपर्णीभिर्दीपनं पाचनं भवेत् ।।२८।।

28. Yamanyādi Kvātha:

Ingredients: *Yamānī* (caraway seeds), dried ginger, *uśīra*, coriander seeds, *ativiṣā*, *mustaka*, pulp of the unripe *bilva* fruit, *śāli parṇī* and *priśniparṇī*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic Benefits: This decoction restores the *āma* disorder and promotes the digestive power.

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कलिङ्गादिक्वाथः–

कलिङ्गातिविषाहिङ्गु पथ्या सौवर्चलं वचा । शूलस्तब्धविबन्धघ्नः पेयो दीपनपाचनः ।।२९।।

29. Kalingādi Kvātha:

Ingredients: *Kalinga, ativiṣa, hingu, pathyā, sauvarcala and vacha.*

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It cures severe colic pain, constipation, it also promotes digestive power and *āmdoṣa*.

(Cakradatt)

कञ्चटादिक्वाथः–

कञ्चटदाडिमजम्बूशृङ्गाटकपत्रह्रीवेरम् । जलधरनागरसहितं गङ्गामपि वेगिनीं रुन्ध्यात् ।।३०।।

30. Kañcaṭādi Kvātha:

Ingredients: *Kancāṭa, dāḍima, jambū, śṛīngāṭaka, patra, hṛibera, jaladhara* and *nāgara*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It cures cases of diarrhoea even if they are producing lose motions as speedy as the flow of the river Ganges.

(Cakradatt)

कुटजादिकषायः–

कुटजं दाडिमं मुस्तं धातकीबिल्वबालकम् । लोध्रचन्दनपाठाश्च कषायं मधुना पिबेत् ।।३१।।
सामे शूले च रक्ते च पिच्छास्रावे च शस्यते । कुटजादिरिति ख्यातः सर्वातीसारनाशनः ।।३२।।
बहुशो दृष्टफलोऽयम् ।।३१-३२।।

31-32. Kuṭajādi Kaṣāya:

Ingredients: *Kuṭaja, dāḍima, mustā, dhātakī, bilva, bālaka, lodhra, candana* and *pāṭhā*. (Note: The *bilva* taken in the preparation should be unripe one. And its fruit pulp is to be used.)

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Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with honey.

Therapeutic benefits: This is useful in diarrhoea associated with *āma*, pain, blood and mucus. This is called *Kuṭajādi Kvātha* and it cures all types of diarrhoea, including the *āmātisāra*, *saśūlātisāra*, *raktātisāra*, *atisāra* with mucus and the like.

(Cakradatt)

त्र्यूषणादिचूर्णम्–

त्र्यूषणातिविषाहिङ्गुवचासौवर्चलाभयाः । पीत्वोष्णेनाम्भसा हन्यादामातीसारमुद्धतम् ।।३३।।

33. Tryūṣṇādi Cūrṇam:

Ingredients: Powders of the *Tryūṣṇa herbs* (dried ginger, *marica* and *pippala*), *ativiṣā*, *hingu* (fried in *ghṛitam*), *vacā*, *sauvarcala* and *abhayā*.

Process of Drug Making: Take each of the herbs in equal parts and prepare a fine powder of their combination.

Method of Use/Administration: Take medicinal powder in doses of 1 gm. to 3 gm. along with warm water.

Therapeutic benefits: This cures serious type of *āmātisāra* (dirrhoea associated with *āma*).

(Cakradatt)

पिप्पलीमूलादिसौवर्चलादिचूर्णद्वयम्–

अथवा पिप्पलीमूलं पिप्पलीद्वयचित्रकान् । सौवर्चलवचाव्योषहिङ्गुप्रतिविषाऽभयाः ।
पिबेच्छ्लेष्माति सारार्त्तश्चूर्णिताश्चोष्णवारिणा ।।३४।।

34. Take the powder of the following in equal parts: *pippalīmūla*, pepper, *gajapippalī* and barks of *citraka*. Or take the powder of the following in equal parts: black salt, *vacā*, dried ginger, pepper, *marica*, dried asafoetida, *ativiṣā* and *haraḍa*. Both of the mixtures taken with warm water are very effective in checking diarrhoea caused by disorder of *kapha*. Take either of the medicinal powders in doses of 1 gm. to 3 gm. along with warm water.

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शुण्ठ्यादिचूर्णम्–

शुण्ठीप्रतिविषाहिङ्गुमुस्ताकुटजचित्रकैः । चूर्णमुष्णाम्बुना पीतमामातीसारनाशनम् ।।३५।।

35. Śuṇṭhyādi Cūrṇam:

Ingredients: Dried ginger (*śuṇṭhī*), *ativiṣā*, dried asafoetida, *mustā*, *indrayava* and roots of *citraka*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/ Administration and Therapeutic benefits: It should be taken along with warm water in doses of 1 gm. to 3 gm. The medicine effectively removes the *āmātisāra*, i. e. general diarrhoea.

पञ्चमूल्यादितक्रम्–

पञ्चमूलीबलाविश्वधान्यकोत्पलबिल्वजाः । वातातीसारिणे देयास्तक्रेणान्यतमेन वा ।।३६।।

36. Prescriptions for vātaja diarrhoea:

Obtain major and minor *pañcamūla* herbs, *balā*, dried ginger, coriander seeds, *utapala*, pulp of unripe *bilva* fruit (all taken in equal quantities i.e. 5 gm. each). Coarsely powder each of them separately. Add them together into buttermilk. Pour 1 litre water to the preparation. Cook the preparation on a slow heat. When the water content gets evaporated, strain the medicine. It should be taken when it cools down to the atmospheric temperature.

(Cakradatt)

पूतिकादिक्वाथः–

पूतिकामागधीशुण्ठीबलाधान्यंहरीतकी । पक्त्वाऽम्बुना पिबेत् सायं वातातीसारशान्तये ।।३७।।।

37. Pūtikādi Kvātha:

Ingredients: *Pūtikā* (*karañja*), pepper, dried ginger, *balā*, coriander seeds and *haraḍa*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: Consumed in the evenings, the decoction checks the *vātaja* diarrhoea.

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पथ्यादिक्वाथः–

पथ्यादारुवचाशुण्ठी मुस्ता चातिविषाऽमृता । क्वाथ एष हरेत्पीतो वातातीसारमुल्वणम् ।।३८।।

38. Pathyādi Kvātha:

Ingredients: *Haraḍa*, *devadāru*, *vacā*, dried ginger, *mustaka*, *ativiṣā* and *amṛitā* (*guḍūcī*).

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: The decoction is very useful in *vātaja* diarrhoea.

वचादिक्वाथः–

वचा चातिविषा मुस्तं बीजानि कुटजस्य च । श्रेष्ठः कषाय एतेषां वातातीसारशान्तये ।।३९।।

39. Vacādi Kvātha:

Ingredients: *Vacā*, *ativiṣā*, *mustaka* and *indrayava* (*kuruci* seeds).

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: This decoction is a very effective cure for cases of *vātaja* diarrhoea.

मधुकादिचूर्णम्–

मधुकं कट्फलं लोध्रं दाडिमस्य फलत्वचम् । पित्तातिसारे मध्वाक्तं पाययेत्तण्डुलाम्बुना ।।४०।।

Prescriptions for Pttaja diarrhhoea:

40. Madhukādi Cūrṇam:

Ingredients: Powders of *Madhuka*, *kaṭaphala*, *lodhra* and *dāḍima* fruit.

Process of Drug-Making: This is a powder-based formula.

Method of use/ Administration and Therapeutic benefits: Consume the compound in doses of 1 gm. to 3 gm. with the rice-washing (*taṇḍulodaka*) and honey helps one to get cure of the *pttaja* diarrhhoea.

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विल्वादिक्वाथः–

विल्वशक्रयवाम्भोदबालकातिविषाकृतः । कषायो हन्त्यतीसारं सामं पित्तसमुद्भवम् ।।४१।।

41. Bilvādi Kvātha:

Ingredients: Pulp of unripe *bilva*, *indrayava*, *mustaka*, *bālaka* and *ativiṣā*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: The drug is very helpful in cases of *pittaja* diarrhoea.

(*Bhāvaprakāśa*)

कट्फलादिक्वाथः–

कट्फलातिविषाम्भोदवत्सकं नागरान्वितम् । शृतं पित्तातिसारघ्नं दातव्यं मधुसंयुतम् ।।४२।।

42. Kaṭphalādi Kvātha:

Ingredients: *Kaṭaphala*, *ativiṣā*, *mustaka*, *indrayava* and dried ginger.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with honey.

Therapeutic benefits: It checks cases of *pittaja* diarrhoea.

किराततिक्तकादिक्वाथः–

किराततिक्तकं मुस्तं वत्सकं सरसाञ्जनम् । पित्तातिसाररोगघ्नं सक्षोद्रं वेदनापहम् ।।४३।।

43. Kirātatiktādi Kvātha:

Ingredients: *Kirātatiktaka*, *mustā*, *vatsaka* and *rasāñjana*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with honey.

Therapeutic benefits: It cures *pattika* type of diarrhoea and associated pain.

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अतिविषादिचूर्णम्–

सक्षौद्रातिविषां पिष्ट्वा वत्सकस्य फलं त्वचम् । तण्डुलोदकसंयुक्तं पेयं पित्तातिसारनुत् ।।४४।।

44. Ativiṣādi Cūrṇam:

Ingredients: *Ativiṣā*, bark of *kuṣṭha*, and *indrayava*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/ Administration and Therapeutic benefits: Taken with rice-washing (*taṇḍulodaka*) and honey in doses of 1gm. to 3 gm. this medicine cures effectively the cases of diarrhoea caused with *pitta* disorder.

पथ्यादिक्वाथः–

पथ्याऽग्निकटुकापाठावचामुस्तकवत्सकैः ।सनागरैर्जयेत्क्वाथःकल्कोवाश्लैष्मिकींस्रुतिम्।।४५।।

Preparations for the kaphaja diarrhoea:

45. Pathyādi Kvātha:

Ingredients: *Harītakī*, bark of the root of *citraka*, *kaṭukī*, *pāṭhā*, *vacā*, *mustaka*, *indrayava* and dried ginger.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: This medicine cures cases of *kaphaja* diarrhoea.

चव्यादिक्वाथः–

चव्यंसातिविषं मुस्तं बालबिल्वं सनागरम् । वत्सकत्वक्फलं पथ्या छर्दिश्लेष्मातिसारनुत् ।।४६।।

46. Cavyādi Kvātha:

Ingredients: *Cavya*, *ativiṣā*, *mustaka*, pulp of the unripe *bilva* fruit, dried ginger, bark of the *vatsaka*, *indrayava* and *haraḍ*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It is helpful in the *kaphaja* diarrhoea cases.

(*Bhāvaprakāśa*)

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पाठादिचूर्णम्–

पाठावचात्रिकटुकं कुष्ठं च कटुरोहिणी । उष्णाम्बुना विनिघ्नन्ति श्लेष्मातीसारमुल्वणम् ।।४७।।

47. Pāṭhādi Cūrṇam:

Ingredients: Powder of *pāṭhā*, *vacā*, dried ginger, pepper, black pepper, *kuṣṭha* and *kaṭukī*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: It should be taken with warm water in doses of 1gm. to 3 gm.

हिङ्ग्वादिचूर्णम्–

हिङ्गु सौवर्चलं व्योषमभयाऽतिविषा वचा । पीतमुष्णाम्बुना चूर्णं श्लेष्मातीसारनाशनम् ।।४८।।

48. Hingvādi Cūrṇam:

Ingredients: Powder of dried asafoetida, black slat, dried ginger, pepper, black pepper, *haraḍa*, *ativiṣā* and *vacā*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: It should be taken with warm water in doses of 1gm. to 3 gm.

Therapeutic benefits: It cures *kaphaja* diarrhoea.

(*Bhāvaprakāśa*)

पथ्यादिचूर्णम्–

पथ्या पाठा वचा कुष्ठं चित्रकं कटुरोहिणी । चूर्णमुष्णाम्बुना पीतं श्लेष्मातीसारनाशनम् ।।४९।।

49. Pathyādi Cūrṇam:

Ingredients: The powder of *haraḍa*, *pāṭhā*, *vacā*, bark of the *kuṣṭha*, roots of *citraka* and *kaṭukī*.

Process of Drug-Making: This is a powder-based formula.

Method of use/Administration: This should be taken in doses of 1 gm. to 3 gm. with warm water.

Therapeutic benefits: It cures *kaphaja* diarrhoea.

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द्वन्द्वजातीसारचिकित्सा ।

द्विदोषलक्षणैर्विद्यादतीसारं द्विदोषजम् । एषां चिकित्सा प्रोक्तैव विशिष्टा च निगद्यते ।।५०।।

50. The *atisāra* which reflects disorder of two of the three *doṣas* (*vāta*, *kapha* and *pitta*) are to be treated specially. The prescriptions of such cases are described below.

कलिङ्गादिकल्कः–

कलिङ्गकवचामुस्तं दारु सातिविषं समम् । कल्कं तण्डुलतोयेन पिबेत् पित्तानिलामयी ।।५१।।

51. *Vātapitta* type: Obtain in equal amount the *indrayava*, *vacā*, *mustaka*, *devadāru* and *ativiṣā* and prepare a *kalka* from them. Consuming this *kalka* with the rice-washing (*taṇḍulodaka*) cures the cases of *vātapitta* diarrhoea.

(Cakradatt)

मुस्तादिक्वाथः–

मुस्तासातिविषामूर्वा वचा च कुटजः समः । एषां कषायः सक्षौद्रः पित्तश्लेष्मातिसारनुत् ।।५२।।

52. Mustakādi Kvātha:

Ingredients: *Mustaka*, *ativiṣā*, *mūrvā*, *vacā* and *kuṭaja* (bark).

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It is a very effective prescription for the diarrhoea with symptoms of both the *pittaja* and *kaphaja* types.

समङ्गादिर्बिल्वादिश्च क्वाथकल्कौ–

समङ्गाधातकीबिल्वमाम्रास्थ्यम्भोजकेशरम् । बिल्वं मोचरसं लोध्रं कुटजस्य फलं त्वचम् ।।५३।।
पिबेत्तण्डुलतोयेन कषायं कल्कमेव वा । श्लेष्मपित्तातिसारघ्नो रक्तं वाऽथ नियच्छति ।।५४।।

53-54. Samagādi Kvātha:

Another prescription for *pittakapha* type diarrhoea is the decoction of *samangā*, *dhātakī* flowers, pulp of *bilva* fruit, the nut of a mango fruit, and the *kamala keśara*. One can also take the decoction of the *mocrasa*, *lodhra*, *kuṭaja* and *indrayava*. Either of these decoctions should be taken with the rice-washing (*taṇḍulodaka*).

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कुटजादिक्वाथः–

कुटजातिविषा मुस्तं हरिद्रापर्णिनीद्वयम् । सक्षौद्रशर्करं शस्तं पित्तश्लेष्मातिसारिणाम् ।।५५।।

55. Vātakapha type: Kuṭajādi Kvātha:

Ingredients: *Kuṭaja*, *ativiṣā*, *mustaka*, *haridrā*, *dāruharidrā*, *śālaparṇī* and *pṛiṣṭhaparṇī*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with honey or raw sugar.

Therapeutic benefits: It is also very useful in the cases of the diarrhoea manifesting the symptoms of *pitta* disorders.

(Cakradatt)

चित्रकादिक्वाथः–

चित्रकातिविषामुस्तंबला बिल्वं सनागरम् । वत्सकत्वक्फलं पथ्या वातश्लेष्मातिसारनुत् ।।५६।।

56. Citrakaādi Kvātha:

Ingredients: Bark of root of *citraka*, *ativiṣā*, *mustaka*, *balā*, pulp of *bilva* fruit, dried ginger, *indrayava* and *haraḍa*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It is also very useful in the cases of the diarrhoea manifesting the symptoms of *vāta* and *kapha* disorders.

(*Bhāvaprakāśa*)

वराहस्नेहमांसाम्बुसदृशं सर्वरूपिणम् । कृच्छ्रसाध्यमतीसारं विद्याद्दोषत्रयोद्भवम् ।।५७।।

57. *Vātapittakapha* type: In cases of diarrhoea reflecting symptoms of all the three types, the stool passed by the patients resembles to the fat of the pigs and to the washings of the meat. Such cases could be cured by the following preparations.

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समङ्गादिकषायः–

समङ्गाऽतिविषामुस्ता विश्वह्रीबेरधातकी । कुटजत्वक्फलं बिल्वं क्वाथः सर्वातिसारनुत् ।।५८।।

58. *Samangādi Kāṣāya*: The decoction of *samangā*, *ativiṣā*, *mustaka*, dried ginger, *netrabālā*, flowers of *dhātakī*, the bark of *kuṭaja*, and *indrayava* and pulp of *bilva* fruit. It is very effective in diarrhoea reflecting the symptoms of disorder of all the three *doṣas* (*vāta pitta* and *kapha*).

(Cakradatt)

पञ्चमूलीबलादिशृतशीतक्वाथः–

पञ्चमूलीबलाबिल्वगुडूचीमुस्तनागरैः । पाठाभूनिम्बबर्हिष्ठकुटजत्वक्फलैः शृतम् ।।५९।।
सर्वजं हन्त्यतीसारं ज्वरं चापि तथा वमिम् । सशूलोपद्रवं श्वासं कासं चापि सदुस्तरम् ।।६०।।

59-60. Pañcamūlībalādi Kvātha:

Ingredients: *Pañcamūla*, *balā*, pulp of *bilva* fruit, *guḍūcī*, *mustaka*, dried ginger, *pāṭhā*, *kirātatikta*, bark of *kuṭaja*, and *indrayava*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. when it is cooled.

Therapeutic benefits: This preparation is capable to cure the diseases of fever, vomiting, bronchitis, *śūla* and the like.

(Hārīta)

अवेदनं सुसंपक्वं दीप्ताग्नेः सुचिरोत्थितम् । नानावर्णमतीसारं पुटपाकैरुपाचरेत् ।।६१।।

61. The herbal juices processed through the *puṭapāka* method should be used in case of the diarrhoea caused due to disorder of all the three *doṣas*. They can be used in cases when the indisposition is not associated with pain and when symptoms of diarrhoea are mature.

कुटजपुटपाकः–

स्निग्धं घनं कुटजवल्कमजन्तुजग्धमादाय तत्क्षणमतीव च कुट्टयित्वा ।
जम्बूपलाशपुटतण्डुलतोयसिक्तं बद्धं कुशेन च बहिर्घनपङ्कलिप्तम् ।।६२।।
सुस्विन्नमेतदवपीड्य रसं गृहीत्वाक्षौद्रेण युक्तमतिसारवते प्रदद्यात् ।

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कृष्णात्रिपुत्रमतपूजित एष योगः सर्वातिसाहरणेष्वयमेव राजा ।।६३।।

62-63. Kuṭajapuṭa Pāka:

Ingredients: Fresh bark of the plant *kuṭaja* (see that the bark is not eaten by worms, is a little oily, wholesome and wet) and rice-washing (*taṇḍulodaka*).

Process of Drug-Making: Obtain fresh bark of the plant *kuṭaja*. Coarsely powder it and compound it along with rice-washing (*taṇḍulodaka*) and prepare *kalka* out of it. Pack it into *puṭa* (medicinal pot) of the leaves of *jambū* and *plāśa*. Properly wrap the *puṭa* with *kuśa* grass and coat it with mud and place it in fire. When the mud is red-hot, remove it from fire. Unwrap the *kalka* and squeeze it to extract the juice out of it.

Therapeutic benefits: The patients of diahorrea should consume this. Sage *Kṛiṣṇātreya* has suggested this prescription.

(Cakradatt)

पुटपाकस्य मात्रा पाकपरीक्षा च–

स्वरसस्य गुरुत्वेन पुटपाके पलं पिबेत् । पुटपाकस्य पाकोऽयं बहिरारुणवर्णता ।।६४।।

64. The juices obtained by processing herbs through *puṭapāka* method are heavy to digest. Therefore, 12 ml. or 48 ml. measure of the juice is sufficient. When the mud coated over the *puṭa* gets red in course of heating, it should be construed that the herbs inside the *puṭa* has been properly cooked. One can subsequently unwrap the pack and squeeze the juice of the herbs their in.

(Cakradatt)

श्योनाकपुटपाकः–

त्वक्पिण्डं दीर्घवृन्तस्य काश्मरीपत्रवेष्टितम् । मृदाऽवलिप्तं सुकृतमङ्गारेष्ववकूलयेत् ।।६५।।

स्विन्नमुद्धृत्य निष्पीड्य रसमादाय यत्नतः । शीतीकृतं मधुयुतं पाययेदुदरामये ।।६६।।

65-66. Śyonaka Puṭapāka:

Ingredients: Fresh bark of the plant *śyoṇāka* and rice-washing (*taṇḍulodaka*)

Process of Drug-Making: Obtain fresh bark of the plant *śyoṇāka* (250 gm.) and coarsely powder it. Then, compound it along with rice-washing (*taṇḍulodaka*) and prepare *kalka* out of it. Place it into *puṭa* of the leaves of *gambhārī* plant. Properly coat the *puṭa* with mud and place it in a smokeless fire. When the mud

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turns red-hot, remove it from fire. Unwrap the *kalka* and squeeze it to extract the juice out of it.

Method of use/ Administration and Therapeutic benefits: This along with honey should be consumed by the patients suffering from all kinds of stomach indispositions.

Note- The leaves of *jambū*, *palāśa*, *kāśmarī* and *vaṭa* trees should be used to wrap the herbal *kalka*s if specific instruction is not given in this direction. The *Suśruta Samhitā* has suggested preparing *kalka* of *śyoṇāka* barks and pollen of lotus flower. As per the text this *kalka* should be wrapped with the leaves of *kāśmarī* plant and lotus flower. This should be coated with mud and baked after that.

(Cakradatt)

दाडिमपुटपाकः–

दाडिमस्य फलं पिष्ट्वा पचेत्पुटविधानतः । तद्रसं मधुसम्मिश्रं पिबेत्सर्वातिसारजित् ।।६७।।

67. Obtain the *kalka* of unripe pomegranate fruits and extract its juice after baking the *kalka* through *puṭapāka* method. Taking this drug along with honey cures all kinds of diarrhoea.

कुटजलेहः–

शतंकुटजमूलस्य क्षुण्णं तोयार्मणे पचेत् । क्वाथे पादावशेषेऽस्मिन् लेहं पूते पुनः पचेत् ।।६८।।
सौवर्चलयवक्षारबिडसैन्धवपिप्पलीः । धातकीन्द्रयवाजाजीचूर्णं दत्त्वा पलद्वयम् ।।६९।।
लिह्याद्वदरमात्रन्तु शीतं क्षौद्रेण संयुतम् । पक्वापक्वमतीसारं नानावर्णं सवेदनम् ।।
दुर्वारं ग्रहणीरोगं जयेच्चैव प्रवाहिकाम् ।।७०।।

68-70. Kuṭaja Leha:

Ingredients: Barks of *kuṭaja* tree, *suvarchala* salt, black salt, *yavakṣāra*, rock-salt, pepper, *dhātakī* flowers, *indrayava* and white cumin seeds.

Process of Drug-Making: Obtain 4.670 Kg. measure of barks of *kuṭaja* tree and decoct it thoroughly in water measuring 12 litre. After that cook the strained liquid (of decoction) till it takes the form of a confection. Take 90 gm. measure powder each of the *suvarchala* salt, black salt, *yavakṣāra*, rock-salt, pepper, *dhātakī* flowers, *indrayava* and white cumin seeds. Treat the above confection with these powders and allow the same to cool. Preserve the preparation.

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Method of use/Administration: Lick the drug in doses of 6-12 gm. along with honey.

Therapeutic benefits: This confection is very effective to control diseases of diahorrea of different kinds and problems of digestion leading to blue, yellow, and green colour stools. The medicine is also capable to check even difficult cases of sprue (*grahaṇī*) and dysentery (*pravāhikā*).

(Cakradatt)

कुटजाष्टकः–

तुलामथार्द्रां गिरिमल्लिकायाः संक्षुद्य पक्त्वा रसमाददीत ।
तस्मिन्सुपूतेपलसम्मितानि, श्लक्ष्णानि पिष्ट्वा सह शाल्मलेन ।।७१।।
पाठांसमङ्गातिविषां समुस्तां, बिल्वञ्च पुष्पाणि च धातकीनाम् ।
प्रक्षिप्य भूयो विपचेत्तु तावद्दर्वीप्रलेपः स्वरसन्तु यावत् ।।७२।।
पीतस्त्वसौ कालविदा जनेन, मण्डेन वाऽजापयसाऽथवाऽपि ।
निहन्ति सर्वन्त्वतिसारमुग्रंकृष्णं सितं लोहितपीतकं वा ।।७३।।
दोषं ग्रहण्या विविधञ्च रक्तं पित्तं तथाऽर्शांसि सशोणितानि ।
असृग्दरञ्चैवमसाध्यरूपं निहन्त्यवश्यं कुटजाष्टकोऽयम् ।।७४।।
तुलाद्रव्ये जलद्रोणो द्रोणे द्रव्यतुला मता ।।७५।।

71-75. Kuṭajāṣṭaka Avaleha:

Ingredients: Fresh barks of the plant *kuṭaja*, water, *dhātakī* flowers, pulp of unripe *bilva* fruit, *mustaka*, *ativiṣā*, any one of the herbs *mocarasa*, *pāṭhā*, *samangā*, *manjiṣṭhā* and *vārāhakrāntā*.

Process of Drug-Making: Obtain fresh barks of the plant *kuṭaja* measuring 4.670 kg. and coarsely cut and decoct them into water measuring 12 litre. Boil the decoction so long as it is reduced to a one fourth. Preserve the decocted syrup into some metal pot and treat the same with 50 gm. measure each of the *dhātakī* flower, pulp of unripe *bilva* fruit, *mustaka*, *ativiṣā*, and 48 gm. measure of any one of the herbs *mocarasa*, *pāṭhā*, *samangā*, *manjiṣṭhā* and *vārāhakrāntā*.

Cook and stir the preparation on stove till it takes form of a confection. The drug *Kuṭajāṣṭaka Avaleha* is now ready to serve.

Method of use/Administration: It should be taken in doses of 12 gm. to 50 gm. along with cold water, *manḍa* of rice (liquid obtained through cooking rice in water), or goat's milk.

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Therapeutic benefits: This confection is a very effective drug to control diseases of diahorrea of different kinds and problems of digestion leading to blue, yellow, and green colour stools. The medicine is also capable to check even difficult cases of sprue (*grahaṇī*), haemorrhagic diseases (*rakta pitta*) piles and difficult cases of *rakta pradara*.

Note- The prescription does not specify the amount of water involved. It only suggests the quantity of *kuṭaja*-bark. However, in Ayurveda it has been a general instruction to decoct 4800 gm. worth of herbs into water measuring 12.50 litre.

(Cakradatt)

जीर्णातिसारे छागीदुग्धपानविधिः–

जीर्णेऽमृतोपमं क्षीरमतिसारे विशेषतः । छागं तद्भेषजै सिद्धं पेयं वा वारिसाधितम् ।।७६।।

76. In old and mature case of diarrhoea, milk is as helpful as the nectar it self. If the milk of goat is used it is much better. The milk should be boiled along with water three times more than the milk. The boiling should continue till only the original quantity of milk is left.

Note- At initial stage of diarrhoea, the use of milk is prohibited. It should be taken only after the symptoms of mature diarrhoea are clearly manifest.

(Cakradatt)

शोथघ्न्यादिक्वाथः–

शोथघ्नीन्द्रयवाःपाठाश्रीफलातिविषाघनाः । क्वथिताःसोषणाःपीताःशोथातीसारनाशनाः ।।७७।।

77. *Prescriptions for Śothaja Atisāra (Diarrhoea due to colitis):*

Ingredients: *Punarnavā*, *indrayava*, *pāṭhā*, pulp of *bilva* fruit, *ativiṣā* and *mustaka*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. This decoction should be treated with powder of black pepper.

Therapeutic benefits: It checks the diarrhoea due to colitis. It helps in diarrhoea due to colitis.

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विडङ्गादिक्वाथः–

विडङ्गातिविषामुस्तं दारु पाठा कलिङ्गकम् । मरिचेन समायुक्तं शोथातीसारनाशनम् ।।७८।।

78. Viḍangādi Kvātha

Ingredients: *Viḍanga*, *ativiṣā*, *mustaka*, *devadāru*, *pāṭhā* and *indrayava*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with 2 gm. of fine black pepper powder.

Therapeutic benefits: It is helpful in cases of *śothaja* diarrhoea (diarrhoea due to colitis).

(Cakradatt)

भयशोकजातीसारचिकित्सा ।

भयशोकसमुद्भूतौ ज्ञेयौ वातातिसारवत् । तयोर्वातहरी कार्या हर्षणाश्वासनैः क्रिया ।।७९।।

79. The cases of diarrhoea generated by the fear or depression should be treated like the case of the *vāta atisāra*. In both types of cases, factors eliminating the excess *vāta*, a delighting news, and sound consolation etc. are very helpful.

पृश्निपर्ण्यादिक्वाथः–

पृश्निपर्णीबिलाबिल्वधान्यकोत्पलनागरैः । विडङ्गातिविषामुस्तादारुपाठाकलिङ्गकैः ।
मरिचेन समायुक्तः शोकातीसारनाशनः ।।८०।।

80. Pṛiśniparnyādi Kvātha:

Ingredients: *Pṛiśniparṇī*, *balā*, the pulp of the *bilva* fruit, coriander seeds, the dried blue lotus flower, dried ginger, *vāyaviḍanga*, *indrayava*, *ativiṣā*, *mustaka*, *devadāru* and *pāṭhā*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with fine powder of black pepper.

Method of use/Administration: It checks diarrhoea caused by fear and grief.

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गुडबिल्वप्रयोगः–

गुडेन खादितं बिल्वं रक्तातीसारनाशनम् । आमशूलविबन्धघ्नं कुक्षिरोगविनाशकम् ।।८१।।

Treatment of Raktātisāra (i.e. diarrhoea associated with bleeding):

81. Powder of pulp of *bilva* fruit is to be taken with equal quantity of jaggery in case of blood dysentery. This medicinal powder is to be taken in doses of 12 gm. each. This medication removes the constipation as well as diahorrea.

(Cakradatt)

तत्रादौ शल्लक्यादित्वचः–

शल्लकीबदरीजम्बूपियालाम्रार्जुनत्वचः। पीताःक्षीरेण मध्वाढ्याः पृथक् शोणितनाशनाः ।।८२।।

82. Obtain the bark of the trees of *śallakī*, *badarī*, *jambū* (black berry), mango or *arjuna*, powder of any of these barks should be taken in doses of 6 gm. and consumed with honey or milk.

चन्दनकल्कः–

पीत्वा सशर्करं क्षौद्रं चन्दनं तण्डुलाम्बुना । दाहं तृष्णां प्रमेहञ्च सद्यो रक्तं नियच्छति ।।८३।।

83. Candan Kalka:

Ingredients: Red sandalwood and honey or raw sugar.

Process of Drug-Making: Make a *kalka* from red sandalwood measuring about 2 to 6 gm. in sufficient quantity of water, and mix it with honey or raw sugar.

Method of use/Administration: Consume it with rice-washing (*taṇḍulodaka*).

Therapeutic benefits: It effectively cures temperature of the body, morbid thirst, *prameha* and *raktātisāra*.

कुटजदाडिमकषायः–

कषायो मधुना पीतस्त्वचो दाडिमवत्सकात् । सद्यो जयेदतीसारं सरक्तं दुर्निवारकम् ।।८४।।

84. Obtain the bark of the *dāḍima* (pomegranate) tree or its fruit weighing 12 gm. or the bark of *vatsaka* in equal measure and decoct them together. This decoction is to be taken with honey. It checks *raktātisāra*.

(Cakradatt)

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जम्ब्वाम्रादिपल्लवस्वरसप्रयोगः–

जम्ब्वाम्रामलकानान्तु पल्लवानथ कुट्टयेत् । संगृह्य स्वरसं तेषामजाक्षीरेण योजयेत् ।।
तत्पवेन्मधुना युक्तं रक्तातीसारनाशनम् ।।८५।।

85. Obtain the leaves of *jambū* (black berry), mango and *āmalakī* and press them to extract their juice. Arrange juice of these leaves measuring 12 gm. and mix it with the goat's milk and honey. This is a very effective recipe to control *raktātisāra*.

(Cakradatt)

बिल्वादिक्षीरम्–

बिल्वं छागपयःसिद्धं सितामोचरसान्वितम् । कलिङ्गचूर्णसंयुक्तं रक्तातीसारनाशनम् ।।८६।।

86. Obtain 12 gm. measure of the pulp of unripe *bilva* fruit, about 192 ml. of goat's milk and mix it with 768 ml. measure of water and boil this preparation till it is reduced to one litre oddly. Now this preparation is strained in cloth and 24 gm. of raw sugar, 6 gm. of *mocarasa* and powder pf *indrayava* seeds should be mixed into it. This recipe cures *raktātisāra* (diarrhoea associated with bleeding).

(Cakradatt)

तण्डुलीयशतावरीयोगौ–

ज्येष्ठाम्बुना तण्डुलीयं पीतञ्च ससितामधु ।।८७।।

87. Following recipes cure *raktātisāra* (diarrhoea associated with bleeding): (a) *tanduliya* taken with warm water after adding sugar and honey; (b) *kalka* of *śatāvarī* taken with milk; and (c) *ghṛitam* boiled with *iśatāvarī*. The patient should use milk-diet during the period of the medication of any of these formulas.

(Cakradatt)

पीत्वा शतावरीकल्कं पयसा क्षीरभुग्जयेत् । रक्तातिसारं पीत्वा वा तया सिद्धं घृतं नरः ।।८८।।

88. The *śatāvarī* should be crushed with milk and be taken with raw sugar and honey. The *kalka* of *śatāvarī* should be boiled with milk, water and *ghṛitam*. This preparation is good medicine for blood *diahorrea*.

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कुटजादिक्वाथः–

कुटजत्वक्कृतः क्वाथो घनीभूतः सुशीतलः । लेहितोऽतिविषायुक्तः सर्वातीसारनुद्भवेत् ।।८९।।

89. Decoction prepared from equal parts of the barks of *kuṭaja* should be boiled and left to get cold. It is to be taken with the powder of *ativiṣā*.

(Cakradatt)

कुटजरसक्रिया–

कुटजस्य पलं ग्राह्यमष्टभागजले श्रृतम् । तत्रैव विपचेद् भूयो दाडिमोदकसंयुतम् ।।९०।।
यावच्चैव लसीकाभं श्रृतं तदुपकल्पयेत् । तस्यार्द्धकर्षं तक्रेण पिबेद्रक्तातिसारवान् ।।९१।।
अवश्यमरणीयोऽपि मृत्योर्याति न गोचरम् ।।९२।।

90-92. 48 gm. of *kuṭaja* should be boiled along with water measuring eight times. To this decoction, equal quantity of *dāḍimāmbu* (juice of *dāḍima*) should be added and the preparation should be again boiled till it becomes semi-solid. 6 ml. of this recipe should be given along with buttermilk to patient suffering from *raktātisāra* (diarrhoea associated with bleeding). This helps in the recovery of a patient who is otherwise succumbing to this ailment.

(Cakradatt)

कृष्णातिलकल्कप्रयोगः–

कल्कस्तिलानां कृष्णानां शर्कराभागसंयुतः । आजेन पयसा पीतः सद्यो रक्तं नियच्छति ।।९३।।

93. The *kalka* of black variety of *tila* should be added with equal quantity of sugar and taken along with goat-milk. This cures bleeding instantaneously.

(Cakradatt)

बिल्वादिचूर्णम्–

बिल्वाब्दधातकीपाठाशुण्ठीमोचरसाः समाः । पीता रुन्धन्त्यतीसारं गुडतक्रेण दुर्जयम् ।।९४।।

94. The decoction of *bilva*, *abda*, *dhātakī*, *pāṭhā*, *śunṭhī* all taken in equal quantity should be taken in doses of 6 gm. to 12 gm. along with jaggery (12 gm. to 24 gm.) and butter milk. It stops serious type of diarrhoea.

(Cakradatt)

कुटजक्षीरम्–

निःक्वाथ्य मूलममलं गिरिमल्लिकायाः सम्यक् पलद्वितयमम्बुचतुःशरावे ।

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तत्पादशेषसलिलं खलु शेषणीयं क्षीरे पलद्वयमिते कुशलैरजायाः ।।९५।।
प्रक्षिप्य माषकानष्टौ मधुनस्तत्र शीतले । रक्तातिसारी तं पीत्वा नैरुज्यमधिगच्छति ।।९६।।

95-96. Kuṭajakṣīram:

Ingredients: *Kuṭaja*-roots (see it is without soil and dust in it), water, goat's milk and honey

Process of Drug-Making: Take 12 gm. measure of the *kuṭaja*-roots and boil it into water measuring four *śarāva* till the quantity is reduced to one quarter. Add to the preparation 96 ml. of goat's milk and boil it till the entire quantity is reduced to 96 ml. Allow the preparation to get cold and add 6 gm. of honey to it.

Method of Use/Administration: Take this medicine in doses of 6 gm. to 12 gm. along with honey.

Therapeutic benefits: This drug is very effective in checking diarrhoea associated with bleeding.

वटारोहकल्कः–

वटारोहं तु संपिष्य श्लक्ष्णं तण्डुलवारिणा । तत् पिबेत् तक्रसंयुक्तमतीसाररुजाऽपहम् ।।९७।।

97. Vaṭārohaka Kalka:

Ingredients: Buds of banyan tree and washing of rice (*taṇḍulodaka*).

Process of Drug-Making: Take buds of banyan tree (200 gm.) and compound it along with washing of rice (*taṇḍulodaka*).

Method of use/ Administration and Therapeutic benefits: Dissolving in buttermilk (200 ml.) take the *kalka* to get relief from the stomach pains caused due to diarrhoea.

(Cakradatt)

अङ्कोठमूलकल्कः–

तण्डुलजलपिष्टाऽङ्कोठमूलकर्षार्द्धपानमपहरति । सर्वातिसारग्रहणीरोगसमूहं महाघोरम् ।।९८।।

98. Añgkoṭhamūla Kalka:

Ingredients: Root of *añgkoṭha* and washing of rice.

Process of Drug-Making: Take 6 gm. to 12 gm. measure of root of *añgkoṭha* and compound it along with washing of rice (200 ml.).

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Therapeutic benefits: Consuming the *kalka* provides relief from diarrhoea and severe cases of sprue (*grahaṇī*).

(Cakradatt)

विशल्यकरणीकुक्कुरद्रुक्वाथौ–

विशल्यकरणीक्वाथश्चाथवा कुक्कुरद्रुजः । वारयेच्छोणितस्रावं रक्तातीसारमुल्बणम् ।।९९।।

99. Viśalyakaraṇī Kukkurdru Kvātha:

Ingredients: Leaves of plant *Viśalyakaraṇī* or the plant *Kukkurdru*.

Process of Drug-Making: This drug is prepared by the decoction of leaves of plant *Viṣalyakarṇī* or with the juice of plant *Kukkurdru*.

Method of Use/Administration: Consume this medicine along with 50 ml. of juice of *kukkurdru* and 10 gm. of sugar.

Therapeutic benefits: Taking either of the preparation cures one from the severe cases of diarrhoea associated with bleeding.

नागकेशरचूर्णम्–

नवनीतं मधुयुक्तं लिहेद्वा सितया सह । नागकेशरसंयुक्तं रक्तसंग्रहणं परम् ।।
मधुपादं सितार्द्धांशं नवनीतं चतुर्गुणम् ।।१००।।

100. Nāgakeśara Cūrṇam:

Lick the honey and raw sugar. Or take 6 gm. of powder of *nāgakeśara*, 1 gm. of honey, 24 gm. of cheese amd 3 gm. of raw sugar. Mix all of them and take it daily in the morning. This medicine is very effective in checking diarrhoea associated with bleeding.

रसाञ्जनादिचूर्णम्–

रसाञ्जनं सातिविषं कुटजस्य फलं त्वचम् ।।१०१।।
धातकी शृङ्गवेरञ्च पिबेत्तण्डुलवारिणा । क्षौद्रयुक्तं प्रणुदति रक्तातीसारमुल्बणम् ।।१०२।।

101-102. Rasāñjanādi Cūrṇam:

Ingredients: *Rasāñjana*, *ativiṣā*, *indrayava*, bark of *kuṭaja*, *dhātakī* flowers and dried ginger.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

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Method of use/Administration: Take this drug in doses of 3 gm. to 6 gm. along with the rice-washing (*taṇḍulodaka*) and honey.

Therapeutic benefits: This is effective in checking diarrhoea associated with bleeding.

(Cakradatt)

नारायणचूर्णम्–

गुडूची वृद्धदारञ्च कुटजस्य फलं तथा । बिल्वञ्चातिविषाञ्चैव भृङ्गराजञ्च नागरम् ।।१०३।।
शक्राशनस्य चूर्णञ्च सर्वमेकत्र मेलयेत् । चूर्णमेतत्समं ग्राह्यं कुटजस्य त्वचोऽपि च ।।१०४।।
गुडेन मधुना वाऽपि लेहयेद्भिषजां वरः । शोथं रक्तमतीसारं चिरजं दुर्जयं तथा ।।१०५।।
ज्वरं तृष्णाञ्च कासञ्च पाण्डुरोगं हलीमकम् । मन्दानलं प्रमेहञ्च गुदजञ्च विनाशयेत् ।।
एतन्नारायणं चूर्णं श्रीनारायणभाषितम् ।।१०६।।

103-106. Nārāyaṇa Cūrṇam:

Ingredients: *Guḍūcī*, seeds of purified *vṛiddhadāraka*, *indrayava*, pulp of the unripe *bilva* fruit, *ativiṣā*, *bhṛingarāja*, dried ginger, purified *vijayā* and bark of the *kuṭaja*.

Process of Drug-Making: Take equal parts of *guḍūcī*, seeds of purified *vṛiddhadāraka*, *indrayava*, pulp of the unripe *bilva* fruit, *ativiṣā*, *bhṛingarāja*, dried ginger and purified *vijayā*. Powder all of them and mix them. Obtain bark of the *kuṭaja* in equal part of the mixture and thoroughly mix all of them.

Method of use/Administration: This drug should be taken in doses of 2 gm. to 4 gm. along with unrefined sugar.

Therapeutic benefits: This powder is very effective in checking such indispositions as swelling of the body, chronic diarrhoea associated with bleeding, fever, morbid thirst, bronchitis, anemia, *halīmaka*, loss of digestive power, *prameha* (i.e. urinary disorders including diabetes) and piles. As the preparation has been suggested by sage Nārāyaṇa the medicine has been named as *Nārāyaṇa Cūrṇam*.

गुददाहादौ सेकः–

गुददाहे प्रपाके वा पटोलमधुकाम्बुना । सेकादिकं प्रशंसन्ति छागेन पयसाऽथवा ।।१०७।।

गुददाहादौ प्रयोगान्तरम्–

गुदभ्रंशे प्रकर्त्तव्या चिकित्सा तत् प्रकीर्तिता ।।१०८।।

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107-108. If there is burning sensation and inflammation in the anal region, then *svedana* (fomentation) etc, of the spot with the decoction of *paṭola* added with honey or goat-milk are useful. Similar type of treatment is also useful in *guḍa bhramśa* (prolapses of rectum).

(Cakradatt)

कनकमूलादिवर्त्तिः–

पिष्ट्वा कनकमूलञ्च शक्रजं फणिफेनकम् । वल्लमाना कृता वर्तिर्मधूत्थघृतयोगतः ।।१०९।।
हन्याद् गुदगता क्षिप्रं दाहपाकावसंशयम् । फलवर्त्तिरियं कृत्स्नगुदरोगनिषूदनी ।।११०।।

109-110. Kanakamūlādi Vartti:

Place in the rectum the fine powder of equal parts of *dhatūra*-roots, *indrayava* and purified opium mixed into *ghṛita* and wax. This treatment cures the burning sensation of inflammation in the anal region and all types of related indispositions.

बिल्वाम्रास्थिक्वाथः–

बिल्वचूतास्थिनिर्यूहः पीतः सक्षौद्रशर्करः । निहन्याच्छर्द्यतीसारं वैश्वानर इवाहुतिम् ।।१११।।

111. The decoction of 25 gm. of *bilva* and seeds of *amra* (taken in equal parts) mixed with honey and sugar cures vomitting and diarrhoea. It stimulates digestive fire as the wood fire gets inflamed by the offerings (*āhuti*) of *ghṛitam*.

(Cakradatt)

पटोलादिक्वाथः–

पटोलयवधन्याकक्वाथः पेयः सुशीतलः । शर्करामधुसंयुक्तश्छर्द्यतीसारनाशनः ।।११२।।

112. Paṭolādi Kvātha:

Ingredients: *Paṭola*, *yava* and *dhānyaka*, sugar and honey.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with honey and jaggery. This drug should be taken when it is cool.

Therapeutic benefits: This is effective in checking the vomitting and diarrhoea.

(Cakradatt)

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प्रियङ्ग्वादिचूर्णम्–

प्रियङ्ग्वञ्जनमुस्ताद्यं पाययेत्तु यथाबलम् । तृष्णाच्छर्द्यतिसारघ्नं सक्षौद्रं तण्डुलाम्बुना ।।११३।।

113. Priyangvāddi Cūrṇam:

Ingredients: *Priyangu*, *añjana* and *mustā*.

Process of Drug-Making: This is a poeder based formula involving all the ingredients in equal parts.

Method of use/Administration: This drug should be taken in doses of 2 gm. to 4 gm. by adding to it honey and rice-washing.

Therapeutic benefits: It cures morbid thirst, diarrhoea and vomiting.

(Cakradatt)

जम्ब्वादिः क्वाथो रसश्चूर्णञ्च–

जम्ब्वाम्रपल्लवोशीरवटशुङ्गावरोहकम् । रसःक्वाथोऽथवा चूर्णं क्षौद्रेण सह योजितम् ।।११४।।
छर्दिज्वरमतीसारंमूर्च्छां तृष्णां च दुर्जयाम् । नाशयत्यचिराद्धन्ति स्रुतिं वाऽनेकहेतुकाम् ।।११५।।

114-115. Tender leaves of *jambū*, *āmra* and *āmalakī* should be made to a *kalka* and their juice should be extracted. This juice taken with goat-milk mixed with honey cures *raktātisāra* (diarrhoea associated with bleeding). This medicine is very effective in checking vomiting, fever, diarrhoea, fainting and morbid thirst.

अतिसारे नाभिप्रलेपाः–

कृत्वाऽऽलवालं सुदृढं पिष्टैरामलकैर्भिषक् । आर्द्रकस्वरसेनाथ पूरयेन्नाभिमण्डलम् ।
नदीवेगसमं घोरमतीसारं निवारयेत् ।।११६।।

116. Taking the *kalka* of *āmalakī*, a water-proof ring of the paste should be organised around the umbilicus and the ring should be filled up by the juice of ginger. THe patient should continue to lay down for at least three hoiurs after the application of the measure. This method cures acute form of diarrhoea.

जातीफलप्रलेपः–

तथा जातीफलं पिष्ट्वा नाभौ दद्यात्प्रलेपनम् । दुर्निवारमतीसारं वारयत्यनिवारितम् ।।११७।।

117. Jātīphala Pralepa:

Coating the naval and the region around it with *kalka* of nutmeg (*jātīphala*) cures all kinds of difficult diarrhoea.

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आम्रवल्कलकल्कलेपः–

आम्रस्यवल्कलंपिष्टं काञ्जिकेन प्रयत्नतः । नाभिं संलेपयेत्तेन कल्केन मतिमान् भिषग् ।।११८।।
नदीवेगोपमं घोरमतीसारं निवारयेत् ।।११९।।

118-119. Prepare *kalka* of the bark of mango fruit or soft bark of the plant along with *kānji*. Coating the naval and the region around with this medicinal *kalka* cures diahorrea as fearful as a swift river.

Prescriptions for Pravāhikā (Dysentery):

This is a disease in which patient passes small quantity of mucous, slimy and blood stained stool with considerable strain, gripping pain and burning sensation.

बालबिल्वादिलेहः–

बालं बिल्वं गुडं तैलं पिप्पलीविश्वभेषजम् । लिह्याद्वाते प्रतिहते सशूलः सप्रवाहिकः ।।१२०।।

120. Bālbilvādi Leha:

Ingredients: Fruit pulp of unripe *bilva*, raw sugar, oil of sesame, pepper and dried ginger.

Process of Drug-Making: Obtain the fruit pulp of unripe *bilva*, raw sugar, oil of sesame, pepper and dried ginger in equal weight and powder them.

Method of use/Administration: One should lick the medicine in doses of 3 gm. to 6 gm. along with honey.

Therapeutic benefits: This is very effective in releasing the blocked *vāta* (fart) as well as in checking diarrhoea associated with colic pain.

(Cakradatt)

पिप्पलीमरिचकल्कयोगौ–

पयसापिप्पलीकल्कःपीतोवामरिचोद्भवः।त्र्यहात्प्रवाहिकां हन्ति चिरकालानुबन्धिनीम् ।।१२१।।

121. Obtain 4 gm. of the *kalka* of pepper or black pepper and mix it in 32 gm. of goat's milk. Pour the preparation into water measuring 128 gm. and boil the same as long as the preparation reduces to about one fourth in quantity. Now strain the liquid and drink it mixing raw sugar into it.

(Cakradatt)

बालबिल्वादिखडः–

कल्कःस्याद्बालबिल्वानांतिलकल्कश्चतत्समः।दध्नःसरोऽम्लःस्नेहाढ्यःखडोहन्यात्प्रवाहिकाम्।।१२२।।

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122. *Kalka* of the tender fruits of *bilva* and the *kalka* of *tila* in equal quantity mixed with the cream of curd, sour drugs, other unctuous substance and *khanḍa* (a type of sugar) cure *pravāhikā* (dysentery). Dosage – 6 gm.

(Cakradatt)

बिल्वमज्जादियोगः–

बिल्वोषणं गुडं लोध्रं तैलं लिह्यात्प्रवाहणे ।।१२३।।

123. Take dried pulp of *bilva* fruit, one year old jaggery, *lodhra*, sesame oil and fruit of black pepper in equal parts, mix them together and take the mix in the doses of 6 gm. to 12 gm. every day.

(Cakradatt)

प्रवाहिकायां भोजनविधिः–

दध्ना ससारेण समाक्षिकेण भुञ्जीत निश्चारकपीडितस्तु ।
सुतप्तकुप्यक्वथितेन वाऽपिक्षीरेण शीतेन मधुप्लुतेन ।।१२४।।

124. For the treatment of diarrhoea, one should take curd along with its cream and get it mixed with honey. Optionally, one should take goat's milk boiled in a pot that is made of silver or gold. One can also cool down hot silver or golden plates using goat's milk for seven consecutive times. This milk used in this process can also be taken.

(Cakradatt)

धातक्यादिकल्कः–

धातकीबदरीपत्रकपित्थरसमाक्षिकम् । सरोध्रमेकतो दध्ना पिबेन्निर्वाहिकाऽर्दितः ।।१२५।।

125. Obtain the flowers of *dhātakī*, leaves of the jujube (*badarī*), fresh juice of catechu and *lodhra* in equal weight. Ground them together into a *kalka* with curd and consume the recipe to control dysentery. Dosage – 3 gm. to 6 gm.

जातीफलादिचूर्णम्–

जातीफलं त्रिदशपुष्पसमन्वितश्च जीरञ्च टङ्कणयुतं मुनिभिः प्रणीतम् ।
एतानि माक्षिकसितासहितानि लीढ्वा आमातिसारमखिलं गुरुमाशु हन्ति ।।१२६।।

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126. Obtain equal parts of *jātīphala*, clove, fruit of cumin and purified *tañkaṇa*. Mix them into honey or raw sugar and consume the preparation thrice a day, in doses of 1 gm. to 3 gm.

मुष्टियोगः–

गुञ्जामितमहिफेनं छागीदुग्धेन भुञ्जानः । अतिसरणं बहुवेगं दुर्वारं धारयत्याशु ।।१२७।।

127. Muṣṭi Yoga:

This is combination of goat's milk and 125 mg. measure of purified opium. This is a very effective cure of diarrhoea.

अहिफेनशोधनविधिः–

खाखसस्य तु निर्यासं संमिश्र्य विमले जले । वाससा परिपूतं तं विदध्यादतियत्नतः ।।
ततस्तं गव्यपयसा युक्तं मन्दानलेन हि । पचेच्छनैः शनर्वैद्यो यावन्नैव घनो भवेत् ।।
ततोऽवतार्य विमलं फणिफेनं सुपाचितम् । सप्तधाऽऽर्द्रकनीरेण भावयेत्तं यथाविधि ।।
तेन शुद्धिं प्रयात्येव ततो योगेषु योजयेत् ।

अहिफेनस्यातियोगो निषिद्धः–

अहिफेनातियोगेन नातिसारो निवर्त्तते । किन्त्वस्य बहुभिर्योगैर्योगोऽल्पोऽमृतमेव सः ।।१२८।।

128. However, one must note that intake of large quantity of opium does not affect a positive cure. It only halts the indisposition for the time being. Once the effect of opium is over the disease returns in previous stage. Therefore, it is suggested that the opium be taken in small doses only with different formulations.

अहिफेनवटिका–

अहिफेनं सखर्जूरं घृष्ट्वा गुञ्जैकमात्रकम् । रक्तस्रावमतीसारमतिवृद्धं विनाशयेत् ।।१२९।।

129. Ahiphena Vaṭikā:

Ingredients: Purified opium and peels of the date fruits.

Process of Drug-Making: Take in equal quantity the purified opium and peels of the date fruits. Compound them thoroughly and prepare *Vaṭikās* (pills) measuring 125 mg. each.

Method of use/ Administration and Therapeutic benefits: Taking one pill cures the patient of the diahorrea associated with bleeding.

जातीफलादिवटी–

जातीफलं च खर्जूरमहिफेनं तथैव च । समभागानि सर्वाणि नागवल्लीरसेन च ।।१३०।।

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130-131. Jātīphalādi Vaṭī:

Ingredients: *Jātīphala*, date fruits, opium and juice of betal leaves.

Process of Drug-Making: Obtain in equal parts the *jātīphala*, date fruits and opium and compound them thoroughly. Churn the mix along with the juice of betal leaves.

Method of use/ Administration and Therapeutic benefits: Take 375 mg. doses of the medicine along with buttermilk to get relief from diahorrea.

पूर्णचन्द्रोदयो रसः–

शुद्धञ्च तालकं लौहं गगनञ्च पलं पलम् । कर्पूरं पारदं गन्धं प्रत्येकं वटकोन्मितम् ।।१३२।।
जातीकोषमुरापत्रं शटीतालीशकेशरम् । व्योषं चोचकणामूलं लवङ्गं पिचुसम्मितम् ।।१३३।।
भक्षयेत् प्रातरुत्थाय गुरुदेवद्विजार्चकः । नानारूपमतीसारं ग्रहणीं सर्वरूपिणीम् ।।१३४।।
अम्लपित्तं तथा शूलं शूलञ्च परिणामजम् । रसायनवरश्चायं वाजीकरण उत्तमः ।।१३५।।

132-135. Pūrṇacandrodaya Rasa:

Ingredients: Purified *haratāla*, *bhasmas* of *lauha* and *abhraka*, purified camphor, purified mercury, purified sulphur, *jātīkoṣa*, *murā*, cassia leaves, *śaṭī*, *tāliśapatram*, *nāgakeśara*, dried ginger, *marica*, pepper, cinamom bark, *pippalīmūla* and clove.

Process of Drug-Making: Take 46 gm. measure each of the purified *haratāla*, *bhasmas* of *lauha* and *abhraka*, 6 g. measure of each of the purified campor, purified mercury, and purified sulphur, and 12 gm. measure each of the *jātīkoṣa*, *murā*, cassia leaves, *śaṭī*, *tāliśapatram*, *nāgakeśara*, dried ginger, *marica*, pepper, cinamom bark, *pippalīmūla* and clove. First of all prepare *kajjalī* out of the mercury and sulphur and mix into it the powders of the rest of the ingredients. Triturate the preparation in water and saturating it dry the same. Prepare pills measuring 125 mg. each.

Method of use/Administration: After worshiping the teachers, gods and *brahmans* take one or two pills daily in the morning.

Therapeutic benefits: This medicine is very effective in checking varieties of diarrhoea, sprue, *āmlapitta*, colic pain as well as *pariṇāmaśūla*. This is also a *rasāyaṇa* and a great aphrodisic.

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बृहद्गगनसुन्दरः–

पारदं गन्धकञ्चाभ्रं लौहञ्चापि वराटकम् । रौप्यं चातिविषं कर्षं समभागं प्रकल्पयेत् ।।१३६।।
धान्यशुण्ठीकृतक्वाथैर्भावयेच्चपृथक्-पृथक्।गुञ्जाप्रमाणांवटिकांकारयेत्कुशलो भिषक् ।।१३७।।
भक्षयेत्प्रातरुत्थाय गुरुदेवद्विजार्चकः । दग्धबिल्वं गुडेनैव कुर्यात्तदनुपानकम् ।।१३८।।
अजादुग्धेन वा पेयं जम्बूत्वक्साधितं रसम् । अतीसारे ज्वरे घोरे ग्रहण्यामरुचौ तथा ।।१३९।।
सामे सशूले रक्ते च पिच्छास्त्रावे भ्रमे तथा । शोथे रक्तातिसारे च संग्रहग्रहणीषु च ।।१४०।।

136-140. Bṛihad Gagan Sundara:

Ingredients: Purified mercury, sulphur, *abhraka bhasma*, *lauha bhasma*, *varāṭaka bhasma*, *rajat bhasma*, powder of *ativiṣā*, decoctions of coriander seeds and dried ginger.

Process of Drug-Making: Take 12 gm. measure each of the purified mercury, sulphur, *abhraka bhasma; lauha bhasma*, *varāṭaka bhasma*, *rajat bhasma* and powder of *ativiṣā*. First of all prepare *kajjalī* out of the mercury and sulphur and mix into it the powder of the rest of drugs. Process the preparation through *bhāvanā* method using decoctions of coriander seeds and dried ginger. Repeat the process for seven consecutive times and finally make pills measuring 125 mg. each.

Method of use/Administration: After worshiping the teachers, gods and *brahmans* take one pill daily in the morning. This drug should be followed by intake of roasted powder of the pulp of *bilva* fruit measuring 6 gm. and raw sugar measuring 12 gm. Optionally, one can also take decoction of bark of *jambū* tree mixed into goat's milk.

Therapeutic benefits: This medicine is very effective in checking varieties of diarrhoea, fever, sprue, anorexia, *āmlapitta*, colic pain and the like.

(*Rasendra Sār Sangraha*)

लोकनाथो रसः–

भस्मसूतस्यभागैकं चत्वारः शुद्धगन्धकात् । क्षिप्त्वा वराटिकागर्भं टङ्कणेन निरुध्य च ।।१४१।।
भाण्डेरुद्ध्वा पुटे पाच्यं स्वाङ्गशीतं समुद्धरेत् । लोकनाथरसो नाम क्षौद्रेर्गुञ्जाचतुष्टयम् ।।१४२।।
नागरातिविषामुस्तं देवदारुवचाऽन्वितम् । कषायमनुपानन्तु सर्वातीसारनाशनः ।।१४३।।

141-143. Lokanātha Rasa:

Ingredients: *Pārada bhasma* or *Rasasindūra*, *gandhaka*, purified *Varāṭikā* (counch shells) and borax along with honey.

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Process of Drug-Making: Prepare a mixture using 12 gm. measure of *pārada bhasma* or *rasasindūra* and 48 gm. measure of *gandhaka* and prepare a fine mix of them. Place the mix inside purified *varāṭikā* (counch shells) and close the mouth of shell with the *kalka* of borax mixed with honey. Keep the shells in the *śarāva-saṁpuṭa* and place this *saṁpuṭa* into *gajapuṭa* and fire the same. When the firing process is over remove the counch shells and compound the medicine along with the shells.

Method of use/Administration: This preparation is called *Lokanātha Rasa*. Take the medicine in doses of 500 mg. (initial dose of 250 mg.) along with honey. After taking this medicine, also take the decoction of dried ginger, *ativiṣā*, *mustā*, *devadāru* and *vacā* (all in equal parts).

Therapeutic benefits: This medicine is very effective in checking all kinds of diahorrea.

(*Rasendra Sār Sangraha*)

चिन्तामणिरसः–

शुद्धसूतं मृतं ताम्रं गन्धकं प्रतिकार्षिकम् । चूर्णयेद्विषकर्षार्द्धं विषार्द्धं तिन्तिडीफलम् ।।१४४।।
मर्दयेत्खल्लमध्येतु चाम्लेन गोलकीकृतम् । गर्त्तं षडङ्गुलं कुर्यात् सर्वतो वर्तुलं शुभम् ।।१४५।।
नागवल्ल्याःक्षिपेत्पत्रमादौपत्रेचगोलकम् । आच्छाद्य तच्च पत्रेण रुद्ध्वा गजपुटे पचेत् ।।१४६।।
स्वाङ्गशीतं समुद्धृत्य सपत्रञ्च विशेषतः । कर्षार्द्धं मरिचं दत्त्वा कर्षार्द्धं तिन्तिडीफलम् ।।१४७।।
गुञ्जामितां वटीं कुर्याच्चिन्तामणिरसो महान् । अतिसारे त्रिदोषोत्थे संग्रहग्रहणीगदे ।
अनुपानं विधातव्यं यथादोषानुसारतः ।।१४८।।

144-148. Cintāmaṇi Rasa:

Ingredients: Purified mercury, purified sulphur, *tāmra bhasma*, *vatsanābh viṣa*, pulp of the tamarind seeds, juice of *jambīra* lemon, powder of *marica* and tamarind pulp.

Process of Drug-Making: Take 12 gm. measure each of purified mercury, purified sulphur and *tāmra bhasma*, 6 gm. measure each of the *vatsanābha viṣa* and pulp of the tamarind seeds. First of all prepare *kajjalī* out of the mercury and sulphur and mix into it the powder of the rest of the ingredients. Process the mix through mortar along with juice of *jambīra* lemon for three hours and prepare a ball shape lump out of the preparation. Wrap the ball with the betal-leaves and place the same into some earthen pot or a *śarāva-saṁpuṭa* and closely tight it. Place the pot inside a *gajapuṭa* and fire the same. Optionally, one can dig a pit in

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the earth and spread betal leaves on the bottom of the pit and place the *gajapuṭa* over it and cover the same with betel leaves from above. The medicine should be fired as per the *gajapuṭa* method. When the medicine is properly heated allow it to cool down. Finally, remove out the herbal ball from the pot and mortar it along with the betel leaves. Churn the heated *kalka* along with water in which 12 gm. of the powder of *marica* and 6 gm. of tamarind pulp have been soaked. Process the medicine through mortar for three hours and prepare pills measuring 250 mg. each and allow them to dry.

Method of use/Administration: The *anupāna* of this medicine should be decided as per the condition of patient and effect of *vāta*, *pitta* and *kapha* on the indisposition.

Therapeutic benefits: This preparation called *Cintāmaṇi Rasa* is a great medicine of diahorrea and sprue (*grahaṇī*).

(*Rasendra Sār Sangraha*)

भुवनेश्वरो रसः–

सैन्धवंत्रिफलाञ्चैव यमानीं बिल्वपेशिकाम् । गृहधूमं गृहीत्वा च प्रत्येकं समभागिकम् ।।१४९।।
जलेन मर्दयित्वा तु माषमात्रां वटीं चरेत् । खादेत्तोयानुपानेन सर्वातीसारशान्तये ।।१५०।।

149-150. Bhuvaneśvara Rasa:

Ingredients: Rock salt, *triphalā* herbs, caraway seeds, dried pulp of the unripe *bilva* fruit and smoke-ashes of the kitchen.

Process of Drug-Making: Take in equal parts the rock salt, *triphalā* herbs, caraway seeds, dried pulp of the unripe *bilva* fruit and smoke-ashes of the kitchen and compound them together along with water. Make pills measuring 1 gm. each from the preparation and dry them under shadow.

Method of use/ Administration and Therapeutic benefits: This drug is to be taken along with cool water to treat all kinds of diahorrea cases.

जातीफलरसः–

पारदाभ्रकसिन्दूरं गन्धं जातीफलं समम् । कुटजस्य फलञ्चैव धूर्त्तबीजानि टङ्गणम् ।।१५१।।
व्योषं मुस्ताभया चैव चूतबीजं तथैव च । बिल्वकं सर्जबीजञ्च दाडिमीवल्कजीरके ।।१५२।।
एतानि समभागानि निक्षिपेत् खल्लमध्यतः । विजयास्वरसेनैव मर्दयेच्छ्लक्ष्णचूर्णितम् ।।१५३।।
गुञ्जाफलप्रमाणान्तु वटिकां कारयेद्भिषक् । एकां कुटजमूलत्वक्कषायेण प्रयोजयेत् ।।१५४।।
आमातिसारं हरति कुरुते वह्निदीपनम् । मधुना बिल्वशुण्ठेन रक्तग्रहणिकां जयेत् ।।१५५।।

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शुण्ठीधान्यकयोगेन चातिसारं निहन्त्यसौ । जातीफलरसो ह्येष ग्रहणीगदहारकः ।।१५६।।

151-156. Jātīphala Rasa:

Ingredients: Purified mercury, purified mica powder, *rasa sindūra*, purified sulphur, *jātīphala*, *indrayava*, purified seeds of *dhatūra*, purified *tañkaṇa*, dried ginger, *marica*, pepper, *mustā*, *haraḍa*, pulp of the seed of the mango fruit, dried pulp of the unripe *bilva* fruit, seeds of the *śāla* tree, bark of the pomegranate fruit, cumin seeds and juice of *vijayā* leaves.

Process of Drug-Making: Take 12 gm. measure of the powders of the following: purified mercury, purified mica powder, *rasa sindūra*, purified sulphur, *jātīphala*, *indrayava*, purified seeds of *dhatūra*, purified *tañkaṇa*, dried ginger, *marica*, pepper, *mustā*, *haraḍa*, pulp of the stone of the mango fruit, dried pulp of the unripe *bilva* fruit, seeds of the *śāla* tree, bark of the pomegranate fruit and cumin seeds. First of all prepare *kajjalī* out of the mercury and sulphur and mix into it the powder of the rest of drugs. Compound the preparation thoroughly and process it through mortar using juice of *vijayā* leaves. Make pills measuring 1 gm. each from the preparation and dry them under shadow.

Method of use/ Administration and Therapeutic benefits: Take this drug along with the decoction of the bark of *kuṣṭha* tree. This medicine is a very effective check of the diahorrea. It also promotes the digestive power. Taken with the *anupāna* of honey mixed with the powders of dried ginger and inner pulp of *bilva* seeds, this medicine cures the indisposition of sprue (*grahaṇī*) associated with bleeding. Taken with the *anupāna* of honey mixed with the powders of dried ginger and coriander seeds, this medicine cures dysentery. However, this medicine is particularly helpful in checking *grahaṇī*.

(*Rasendra Sār Sangraha*)

अभयनृसिंहो रसः–

दरदञ्च विषं व्योषं जीरकं टङ्कणं समम् । गन्धकञ्चाभ्रकञ्चैव भागैकं शुद्धसूतकम् ।।१५७।।
आफूकं सर्वतुल्यं स्यान्मर्दयेन्निम्बुकद्रवैः । एकैकं भक्षयेच्चानु जीरकं मधुना सह ।।१५८।।
त्रिदोषोत्थमतीसारं सज्वरं वाऽथ विज्वरम् । सर्वरूपमतीसारं सङ्ग्रहग्रहणीं जयेत् ।।१५९।।
रसोऽभयनृसिंहोऽयमतीसारे सुपूजितः ।।१६०।।

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157 -160. Abhayānṛisinha Rasa:

Ingredients: Purified *hiñgul*, powders of purified *vatsanābha viṣa*, dried ginger, marich, *pippalī*, white cumin seeds, purified *tañkaṇa*, purified *gandhaka*, *abhraka bhasma*, purified *pārada* and lemon-juice.

Process of Drug-Making: Take 12 gm. measure each of purified *Hiñgul*, powders of purified *vatsanābha viṣa*, dried ginger, marich, pippli, white cumin seeds, purified *tañkaṇa*, purified *gandhaka*, *abhraka bhasma* and purified *pārada*. First of all prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it the powder of the rest of the ingredients. Compound the preparation thoroughly and process it through mortar using lemon-juice. Make pills measuring 1 gm. each from the preparation and dry them under shadow.

Method of use/Administration: Take theses pills daily along with honey and powder of cumin seeds. Take theses pills daily along with honey and powder of cumin seeds.

Therapeutic benefits: This medicine is very effective to check the diahorrea caused due to any of the three *doṣas* and associated with fever or occurring without fever as well as the indisposition of *sangrahaṇī* (sprue). This medicine is particularly helpful in checking diahorrea.

आनन्दभैरवो रसः–

दरदं मरिचं टङ्गममृतं मागधी समम् । श्लक्ष्णपिष्टन्तु गुञ्जैकं रसमानन्दभैरवम् ।।१६१।।
लेहयेन्मधुना चानु कुटजस्य फलत्वचोः । चूर्णितंकर्षमात्रन्तु त्रिदोषोत्थातिसारजित् ।।१६२।।
दध्यन्नं दापयेत्पथ्यं दध्याजं तक्रमेव वा । पिपासायां जलं देयं विजया च हिता निशि ।।१६३।।

161-163. Ānanda Bhairava Rasa:

Ingredients: *Hiñgula*, *marica*, *viṣa*, *vyoṣa*, *tañkaṇa*, and *māgadhī*.

Process of Drug-Making: Take equal quantity of *hiñgula*, *viṣa*, *vyoṣa*, *tañkaṇa* and *māgadhī*. Get their compound triturated along with water and ground it into a fine *kalka*.

Method of use/Administration: This *Ānanda Bhairava Rasa* is to be taken in the doses of 125 mg. along with honey. 12 gm. of the fruit and bark of *kuṭaja* should be taken thereafter.

Therapeutic benefits: It cures diarrhoea caused by the simultaneous vitiation of all the three *doṣas*.

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कर्पूररसः–

हिङ्गुलमहिफेनञ्च मुस्तकेन्द्रयवं तथा । जातीफलञ्च कर्पूरं सर्वं सम्मर्द्य यत्नतः ।।१६४।।
जलेन वटिका कार्या द्विगुञ्जापरिमाणतः । ज्वरातिसारिणे चैव तथाऽतीसाररोगिणे ।।
ग्रहणीषट्प्रकारे च रक्तातीसार उल्वणे ।।१६५।।

164-165. Karpūra Rasa:

Ingredients: Purified *hiñgula*, purified opium, powders of *mustaka*, *indrayava*, *jātīphala*, camphor and water.

Process of Drug-Making: Take equal parts of the purified *hiñgula*, purified opium, powders of *mustaka*, *indrayava*, *jātīphala* and camphor. Compound the preparation thoroughly and process it through mortar using water. Make pills measuring 2 gm. each from the preparation and dry them under shadow.

Method of use/ Administration and Therapeutic benefits: Take this medicine in doses of one pill to check the cases of general diahorrea, diahorrea associated with fever and bleeding.

अतीसारवारणो रसः–

दरदं कृतकर्पूरं मुस्तेन्द्रयवसंयुतम् । सर्वातीसारशमनं खाखसक्षीरभावितम् ।।१६६।।

166. Atisāra Vāraṇo Rasa:

Ingredients: Purified *hiñgula*, purified camphor, powders of *mustaka*, *indrayava* and water treated with opium.

Process of Drug-Making: Take equal parts of the purified *hiñgula*, purified camphor, powders of *mustaka* and *indrayava*. Compound them thoroughly and process the mixture through *bhāvanā* method using water treated with opium. Make pills measuring 125 mg. each.

Method of use/ Administration and Therapeutic benefits: Taken along with water, this pill cures diahorrea very effectively.

(*Rasendra Sār Sangraha*)

कणाद्यं लौहम्–

कणानागरपाठाभिस्त्रिवर्गत्रितयेन च । बिल्वचन्दनह्रीवेरैः सर्वातीसारजिद् भवेत् ।।१६७।।
सर्वोपद्रवसंयुक्तामपि हन्ति प्रवाहिकाम् । नानेन सदृशं लौहं विद्यते ग्रहणीहरम् ।।१६८।।

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167-168. Kaṇādi Lauham:

Ingredients: *Pippalī*, dried ginger, *pāṭhā*, *harītakī*, *vibhītaka*, *āmalakī*, *marica*, *pippalī*, *vāyaviḍanga*, *mustaka*, roots of *citraka*, dried inner pulp of the stones of mango, *bilva* fruits, white sandalwood, *netrabālā*, *lauha bhasma* and water.

Process of Drug-Making: Take 12 gm. measure each of the following 15 herbs: *pippalī*, dried ginger, *pāṭhā*, *harītakī*, *vibhītaka*, *āmalakī*, *marica*, *pippalī*, *vāyaviḍanga*, *mustaka*, roots of *citraka*, dried inner pulp of the stones of mango and *bilva* fruits, white sandalwood and *netrabālā*. Take 180 gm. measure of the *lauha bhasma* and compound all of the drugs through mortar using water.

Method of use/Administration: Take the medicine in doses of 125-250 mg.

Therapeutic benefits: This *Kaṇādi Lauham* is very effective in checking the indisposition of dysentery associated with various symptoms. Moreover, this is also one of the best drugs for treating sprue as well.

(Rasendra Cintāmani)

षडङ्गघृतम्–

वत्सकस्यचबीजानि दार्व्याश्च त्वच उत्तमाः । पिप्पली शृङ्गवेरञ्च लाक्षा कटुकरोहिणी ।।१६९।।
षड्भिरेतैर्घृतं सिद्धं पेयामण्डावचारितम् । अतीसारं जयेच्छीघ्रं त्रिदोषमपि दारुणम् ।।१७०।।

169-170. Ṣaḍanga Ghṛitam:

Ingredients: *Indrayava*, bark of *dāruharidrā*, *pippalī*, dried ginger, *lākṣā*, *kaṭukī*, *ghṛita* and water.

Process of Drug-Making: Take 40 gm. measure each of the *indrayava*, bark of *dāruharidrā*, *pippalī*, dried ginger, *lākṣā* and *kaṭukī* and 1 kg. measure of the *mūrcchita ghṛita* and 4 litre measure of water. Cook the mix of al these materials.

Method of use/Administration: Take the medicine in doses of 6 gm. to 12 gm. after dissolving the same into *peya* or *manḍa*.

Therapeutic benefits: This a very effective cure of the diahorrea caused by any of the three *doṣas*.

(Cakradatt)

बब्बूल्याद्यरिष्टः–

तुलाद्वयन्तु बब्बूल्याश्चतुर्द्रोणे जले पचेत् । द्रोणशेषे रसे शीते गुडस्य त्रितुलाः क्षिपेत् ।।१७१।।

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धातकींषोडशपलांकृष्णाञ्चद्विपलांशिकाम् । जातीफलानि कक्कोलं त्वगेलापत्रकेशरम् ।।१७२।।
लवङ्गंमरिचञ्चैव पलिकान्युपकल्पयेत् । मासं भाण्डे स्थितस्त्वेष बब्बूल्यरिष्टको जयेत् ।।
क्षयं कुष्ठमतीसारं प्रमेहश्वासकासकान् ।।१७३।।

171-173.Babbūlyādya Ariṣṭa:

Ingredients: Bark of *babbūla* tree, raw sugar, *dhātakī* flowers, pepper-powder, *jātīphala*, *kakkola*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, clove and *marica*.

Process of Drug-Making: Take bark of *babbūla* (9.340 kg.) tree and boil it into water (50 litre). Strain it through cotton piece and keep the decoction into earthen pitch that is fomented and coated with *ghṛitam* from inside. Add to the decoction 14 kg. measure of raw sugar, 750 gm. of *dhātakī* flowers, 93 gm. of pepper-powder, 46 gm. measure each of the powders of *jātīphala*, *kakkola*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, clove and *marica*. Tightly close the mouth of pitcher and preserve the medicine for one month. After one month remove out the cover and strain the liquid into a glass bottle.

Method of use/Administration: This medicine called *Babbūlyādya Ariṣṭa* is to be taken in doses of 18-30 gm. after meals along with water in equal quantity.

Therapeutic benefits: This is a very effective drug for a variety of indispositions including consumption, *kuṣṭha* (skin diseases including leprosy), diahorrea, *prameha* (i.e. urinary disorders including diabetes), *kāsa* (coughs) and bronchitis.

(*Śārangadhar Samhitā*)

कुटजाद्यरिष्टः–

तुलां कुटजमूलस्य मृद्वीकाऽर्द्धतुलां तथा । मधूकपुष्पकाश्मर्योर्भागान् दशपलोन्मितान् ।।१७४।।
चतुर्द्रोणेऽम्भसःपक्त्वाद्रोणञ्चैवावशेषितम् ।धातक्याविंशतिपलं गुडस्य च तुलां क्षिपेत् ।।१७५।।
मासमात्रंस्थितोभाण्डेकुटजारिष्टसंज्ञितः। ज्वरान्प्रशमयेत् सर्वान् कुर्यात्तीक्ष्णं धनञ्जयम् ।।१७६।।
दुर्वारां ग्रहणीं हन्ति रक्तातीसारमुल्बणम् ।।१७७।।

174-177. Kuṭajādya Ariṣṭa:

Ingredients: Fresh barks of the *kuṭaja*, raisin, fruits of plant *madhuka*, bark of plant *gambhārī*, *dhātakī* flowers and raw sugar.

Process of Drug-Making: Take fresh barks of the *kuṭaja* measuring 4.670 kg., raisin measuring 2.335 kg., fruits of plant *madhuka* measuring 470 gm., and bark of plant *gambhārī* also 470 gm. in measure. Decoct the mix of these herbs in

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water measuring 50 litre as long as the preparation remains only 12.5 litre in measure. After the decoction is dried add to the compound *madhuka* flowers and raisin and other drugs. Squash them with hands inside the liquid itself and remove the pulp out from the preparation. Strain the decoction through a piece of cotton and preserve the liquid into an earthen ware that is fomented and *ghṛitam*-coated. Treat the decoction with 940 gm. of the fine powder of the *dhātakī* flowers and raw sugar measuring 4.670 kg. Tightly close the mouth of pitcher and preserve the medicine for one month in a dark and non-airy space. After one month remove out the cover and strain the liquid into glass bottle.

Method of use/Administration: This medicine called *Kuṭajadya Ariṣṭa* is to be taken in doses of 12 ml. to 25 ml. after meals along with water in equal quantity.

Therapeutic benefits: This is a very effective drug for a variety of indispositions including fever, *sangrahaṇī* (sprue) and diahorrea associated with bleeding. This is also capable to promote the digestive power.

(*Śārangadhar Samhitā*)

अहिफेनासवः–

तुलां मधूकमद्यस्य शुभे भाण्डे निधापयेत् । फणिफेनस्य कुडवं मुस्तकं पलसम्मितम् ।।१७८।।
जातीफलञ्चेन्द्रयवं तथैलां तत्र दापयेत् । मासमात्रं स्थितो भाण्डे यत्नतः परिरक्षयेत् ।।१७९।।
हन्त्यतीसारमत्युग्रं विसूचीमपि दारुणाम् ।।१८०।।

178-180. Ahiphena Āsava:

Ingredients: Flowers of *madhuka*, purified opium, *mustaka*, *jātīphala*, *indrayava* and smaller cardamom.

Process of Drug-Making: Obtain 4.670 ml. measure honey from flowers of *madhuka* and store it inside a *ghṛitam*- smeared pitcher. Add to it 187 gm. of purified opium, 46 gm. of powders of the each of the *jātīphala*, *indrayava* and smaller cardamom. Mix the ingredients thoroughly and preserve the medicine for one month in a dark and non-airy space. After one month remove out the cover and srain the liquid into a glass bottle.

Method of use/Administration: 10 to 20 drops of this drug is to be taken along with water.

Therapeutic benefits: This medicine called *Ahiphena Āsava* is a very powerful drug for dysentery and dihorrea.

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ग्रहणीरोगाधिकारीयरसप्रयोगोपदेशः–

ग्रहण्यांयेरसा वाच्यास्तेऽतिसारे नियोजिताः । हन्युः सर्वमतीसारं शिवस्याज्ञाविशेषतः ।।१८१।।

181. The especial instruction of God Mahādeva is to the effect that the *Rasa* variety of the drugs pertaining to the cure of *sangrahaṇī* can be profitably prescribed for the treatment of diarrhoea as well.

अतीसारे वर्ज्यानि–

स्नानाभ्यङ्गावगाहांश्च गुरुस्निग्धातिभोजनम् । व्यायाममग्निसन्तापमतीसारी विवर्जयेत् ।।१८२।।

182. Unwholesome Regimens: A person suffering from diarrhoea should avoid bath, massage, washing along with water, food which is heavy and unctuous, food in excessive quantity, exercise and exposure to the heat of the fire.

अतीसारे पथ्यम्–

वमनं लङ्घनं निद्रा पुराणाः शालिषष्टिकाः । विलेपी लाजमण्डश्च मसूरतुवरीरसः ।।१८३।।
शशैणलावहरिणकपिञ्जलभवा रसाः । सर्वे क्षुद्रझषाः शृङ्गी खल्लीशो मधुरालिका ।।१८४।।
तैलं छागघृतक्षीरे दधि तक्रं गवामपि । दधिजं वा पयोजं वा नवनीतं गवाजयोः ।।१८५।।
नवंरम्भापुष्पफलं क्षौद्रं जम्बुफलानि च । भव्यं महार्द्रकं विश्वं शालूकं च विकङ्कतम् ।।१८६।।
कपित्थं बकुलं बिल्वं तिन्दुकं दाडिमद्वयम् । तालकं कञ्चटदलं चाङ्गेरी विजयाऽरुणा ।।१८७।।
जातीफलंचह्रीवेरंजीरकं गिरिमल्लिका । कुस्तुम्बुरु महानिम्बः कषायः सकलो रसः ।।१८८।।
अन्नपानानि सर्वाणि दीपनानि लघूनि च । नाभेर्द्व्यङ्गुलतोऽधस्ताच्छस्त्रेणार्द्धशशाङ्कवत् ।
दाहो वंशास्थिमूले च पथ्यवर्गोऽतिसारिणाम् ।।१८९।।

183–189. *Pathya* (Meals to be taken) for a patient of diarrhoea and Dysentery: Vomiting, *langhaṇa* (fasting), sleeping are good for the patient of *atisāra*. The following edibles and meals are helpful for the patient: old *śāli* variety of paddy, *ṣaṣṭhī* variety of rice, *vilepī* (watery rice), *m*and of poppy, soups of lentil and pigeon pea, meatsoup of rabbit, *aiṇ* (a kind of black deer), *lāva* bird, deer, *kapinjal* (partridge), all kinds of small fishes, the *śṛīngī* fish, *madhurālikā* (a kind of fish), medicinal oil, *ghṛitam* and milk obtained from goats and cow, buttermilk, butter, fresh banana fruits, honey (obtained from smaller bees), *jambūphalā*, dried ginger, common ginger, *kamalakand*, *kapitha*, *vikañṭaka*, *bakula*, *bilva*, *tenduka*, *dāḍima* (both ripe and unripe ones), palm fruits, *kancaṭa* leaves, *cāngerī*, *vijayā*, *manjiṣṭhā*, *jātīphala*, *hṛibera*, cumin seeds, *girimallikā*, *kustumburu*, *mahānimba*, all kinds of stomachiac foods, light meals and drinks.

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The point about two fingers below the naval as well as the point around bottom of backbone, both should be heated in a crescent shape. This measure also helps one to get cure of *atisāra*.

अतीसारेऽपथ्यम्–

स्वेदोऽञ्जनं रुधिरमोक्षणमम्बुपानंस्नायं व्यवायमपि जागरधूमनस्यम् ।
अभ्यञ्जनं सकलवेगविधारणं च रूक्षाण्यसात्म्यमशनं च विरुद्धमन्नम् ।।१९०।।
गोधूममाषयववास्तुककाकमाचीनिष्पावकन्दमधुशिग्रुरसालपूरम् ।
कुष्माण्डतुम्बिंबदरं गुरु चान्नपानंताम्बूलमिक्षुगुडमद्यमुपोदिका च ।।१९१।।
द्राक्षाऽम्लवेतसफलं लशुनं च धात्रीदुष्टाम्बु मस्तु गृहंव्रारि च नारिकेलम् ।
संस्नेहनं मृगमदोऽखिलपत्रशाकंक्षारः सराणि सकलानि पुनर्नवा च ।
एर्वारुकं लवणमम्लमपि प्रकोपोवर्गोऽतिसारगदपीडितमानबेषु ।।१९२।।

190-192. *Apathya* (meals and regimens to be avoided) for a patient of diarrhoea and dysentery:The following measures are harmful for the patient of *atisāra*: *svedana*, use of *añjana*, blood letting, drinking water in excess quantity, intercourse, waking upto late hours, smoking, nasal therapy, massaging with *ghṛitam* and oil, holding the calls of nature and getting angry. The eatables which are to be avoided by the patient include incompatible foods, wheat, *urada*, barley, *vāstuka* leaves, *kākamācī*, *niśpava kanda*, *madhu*, *śigru*, mango, betel nut, ash gourd, *badarī*, foods that heavy to digest, sugarcane, liquor, *drākṣā*, *āmlaveta*, garlic pearls, *āmalakī*, contaminated water (in which are fallen old leaves of many trees), stale water, musk, all kinds of leafy vegetable, *kṣāra* and *yavakṣāra*, *karkaṭī* and the like.

इति भैषज्यरत्नावल्यामतिसारचिकित्साप्रकरणम् ।
इति विद्योतिनी भाषाटीकायामतिसाराधिकारः ।।७।।

End of the Chapter 7 of Bhaiṣajya Ratnāvalī with Commentary

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अथ ग्रहणीरोगचिकित्साप्रकरणम् ८

Chapter 8
Grahaṇī (Sprue or Psilosis)

The name '*Grahaṇī*' comes from the organ of the alimentary tract that is supposed to receive (or to *grahaṇa*) the meals consumed. It is situated between the *pakvāśaya* and *āmaśaya*. This is also seat of '*Agni*' i.e. digestive 'fire'. Once the food is digested here it is moved down to the *pakvāśaya*. Thus the *Grahaṇī* or psilosis is the disorder in digestion. It relates to the small intestine, which prevents the patient from absorbing food properly. It may lead to flatulence, loss of weight and energy, indigestion, depression, chaffing of skin, dryness of throat and mouth ringing in the ear and aversion to have intercourse, etc.

ग्रहणीमाश्रितं दोषमजीर्णवदुपाचरेत् । अतिसारोक्तविधिना तस्यामञ्च विपाचयेत् ।।१।।
शरीरानुगते सामे रसे लङ्घनपाचनम् । विशुद्धामाशयायास्मै पञ्चकोलादिभिर्युतम् ।
दद्यात्पेयाऽऽदिलघ्वन्नं पुनर्योगांश्च दीपनान् ।।२।।

1-2. *Langhaṇa* (fasting) is the best cure to the diseases. Once psilosis is cured, one should take the *pañcakola* (i.e. five items such as pepper, roots of pepper, *cavya*, *citraka* and dried ginger) for correcting digestion. When the *āmaśaya* is emptied of impurities, the patient should be given light diet viz, *peya* (thin gruel without containg any grains in it), etc. Thereafter, recipes that stimulate the digestive power (*dīpana*) should be administered.

(Cakradatt)

ग्रहण्यां तक्रव्यवस्था–

ग्रहणीदोषिणां तक्रं दीपनं ग्राहि लाघवात् । पथ्यं मधुरपाकित्वान्न च पित्तप्रकोपणम् ।।३।।
कषायोष्णविकासित्वाद्रौक्ष्याच्चैवकफेहितम् । वाते स्वाद्वम्लसान्द्रत्वात् सद्यस्कमविदाहि तत् ।।४।।

3-4. Use of buttermilk (butter milk) with salt is very effective in checking psilosis. The buttermilk is very useful in adjusting the three orders of body including *vāta*, *pitta* and *kapha*. It is light and thus helpful in promoting digestion. It is *madhur* in *vipāka* and thus it does not vitiate the *pitta doṣa*. It is sour,

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astringent, hot by nature and thus it controls the *kapha* contents as well. The fresh buttermilk is smooth and it does not produce burning sensation as well.

(Cakradatt)

कपित्थादिपेया–

कपित्थबिल्वचाङ्गेरीतक्रदाडिमसाधिता । पाचनी ग्राहिणी पेया सवाते पाञ्चमूलिकी ।।५।।

5. Obtain the fruit pulp of catechu, the dried pulp of the fruits of mango and *bilva* the *cāngerī*, the peel of pomegranate in equal parts (i.e. 46 gm. each) and mix them with small quantity of rice and proper quantity of buttermilk (325 ml.). This preparation should be boiled. This drink is very effective in psilosis.

(Cakradatt)

शुण्ठ्यादिक्वाथः–

शुण्ठींसमुस्तातिविषांगुडूचीं पिबेज्जलेन क्वथितां समांशाम् ।
मन्दानलत्वे सततामतायामामानुबन्धे ग्रहणी गदे च ।।६।।

6. Śuṇṭhyādi Kvātha:

Ingredients: Dried ginger (*śuṇṭhī*), *mustaka*, *ativiṣā* and *guḍūcī*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: This reparation is very useful in increasing the digestive power and checking psilosis.

(Cakradatt)

धान्यकादिक्वाथः–

धान्यकातिविषोदीच्यमानीमुस्तनागरम् । बलाद्विपर्णीबिल्वञ्च दद्याद्दीपनपाचनम् ।।७।।

7. Dhanykādi Kvātha:

Ingredients: Coriander (*dhānyaka*), *ativiṣā*, *netrabālā*, caraway, *mustaka*, *balā*, dried ginger, *śālaparṇī*, *priśniparṇī* and dried fruit pulp of *bilva*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

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Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It is served to check the psilosis.

(Cakradatt)

शालपर्ण्यादिक्वाथः–

शालपर्णीबलाबिल्वधान्यशुण्ठीकृतः शृतः । आध्मानशूलसंयुक्तां वातजां ग्रहणीं जयेत् ।।८।।

8. Śālaparṇyādi Kvātha:

Ingredients: *Śālaparṇī*, roots of *balā* the fruit pulp of *bilva*, coriander and dried ginger.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It checks the psilosis with the painful congestion in the stomach.

(*Śārangadhar Samhitā*)

पुनर्नवादिकषायः–

पुनर्नवावेल्लजबाणपुङ्खविश्वाग्निपथ्याचिरबिल्वबिल्वैः ।
कृतः कषायः शमयेदशेषान् दुर्नामगुल्मग्रहणीविकारान् ।।९।।

9. Punarnavādi Kāṣāya:

Ingredients: Roots of *punarnavā*, black pepper, the roots of *śarapunkha*, dried ginger root of *citraka*, *haraḍa*, bark of *karañja* and dried up of *bilva* fruit.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: This preparation is very useful in treatment of piles, *gulma* and *grahaṇī*.

यमानिकादिक्वाथः–

यमानीनागरोशीरधनिकातिविषाघनैः । बलाबिल्वद्विपर्णीभिर्दीपनं पाचनं स्मृतम् ।।१०।।

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10. Yamānīkādi Kvātha:

Ingredients: Caraway (*yamānī*), dried ginger, *uśīra*, coriander, *ativiṣā*, *mustaka*, root of *balā*, dried pulp of the *bilva* fruit, *śālaparṇī* and *pṛiśniparṇī*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: This reparation is very useful in increasing the digestive power and checking psilosis.

(*Yoga Ratnākar*)

नागरादिक्वाथः–

नागरातिविषामुस्ताक्वाथःस्यादामपाचनः। चूर्णं हिङ्ग्वष्टकं वाऽपि वातिकेऽष्टपलं घृतम् ।।११।।

11. Nāgarādi Kvātha:

The disorder in digestion can be corrected by the decoction of dried ginger (*nāgara*), *ativiṣā* and *mustaka*. *Hingvaṣṭaka Cūrṇa* taken with *ghṛitam* also cause *pāka* (digestive transformation) of *āma*.

(Cakradatt)

चातुर्भद्रक्वाथः–

गुडूच्यतिविषाशुण्ठीमुस्तैः क्वाथः कृतो जयेत् । आमानुषक्तां ग्रहणीं ग्राही दीपनपाचनः ।।१२।।

12. Cāturbhadra Kvātha:

Ingredients: *Guḍūcī*, *ativiṣā*, *śunṭhī* and *mustā*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It cures the disordered digestion and serves as stomachiac.

तिक्तादिकषायः–

पथ्यारसाञ्जनमहौषधधातकीभिस्तिक्तेन्द्रबीजघनकौटजभङ्गराभिः ।
पित्तोद्भवंबहुविधंग्रहणीगदं च क्वाथो हरेत् सगुदशूलमतिप्रवृद्धम् ।।१३।।

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13. Tiktādi Kāṣāya:

Ingredients: *Pathyā*, *rasāñjana*, *śunṭhī*, *kaṭukī*, *indrayava*, *mustā*, *kuṭaja* and purified *ativiṣā*.

Process of Drug Making: Take each of the herbs in equal parts. Thus raise 25 gm. powder of their combination and decoct in water measuring 400 ml. Decoct the preparation till its original quantity is reduced to one fourth. Strain it.

Method of Use/Administration: Take this decoction in doses of 50 ml.

Therapeutic benefits: It cures many kinds of symptoms of sprue, particularly those associated with disordered *pitta* and pain in the anal region.

रसाञ्जनादिचूर्णम्–

रसाञ्जनं प्रतिविषं कुटजस्य फलत्वचौ । धातकीं शृङ्गवेरं च पाययेत्तण्डुलाम्बुना ।।१४।।
माक्षिकेण युतं हन्यात् पित्तातीसारमुल्वणम् । मन्दं संदीपयेदग्निं शूलं चाशु निवर्त्तयेत् ।।१५।।
पैत्तिकं ग्रहणीरोगं पित्तजार्शांसि सन्ततम् । रक्तपित्तमपि प्रायो नाशयेन्नात्र संशयः ।।१६।।

14-16. Take equal amount of *rasāñjana*, *ativiṣā*, *kuṭaja* seeds, *dhātakī* flowers and dried ginger. Clean them properly and powder them thoroughly. This medicinal powder is to be taken in doses of 2-4 gm. along with 12 gm. measure of honey and 24 ml. measure of rice-washing (*taṇḍulodaka*) daily. It promotes the digestive power and removes the coilc pain immediately. It is effective in checking the *grahaṇī* associated with the *pitta* disorder, piles, *raktapitta* and the like.

(*Yoga Ratnākar*)

रास्नादिचूर्णम्–

रास्नापथ्या शटी व्योषं द्वौ क्षारौ लवणानि च । ग्रन्थिकं मातुलुङ्गस्य रसमेकत्र चूर्णयेत् ।।१७।।
पिबेदुष्णेन तोयेन श्लैष्मिके ग्रहणीगदे ।।१८।।

17-18. Rāsnādi Cūrṇam:

Ingredients: *Rāsnā*, *haraḍa*, *karcūra*, dried ginger, *marica*, *pippala*, *savarjikṣāra*, *yavakṣāra*, all the five types of salt, *pippalīmūla*, pieces of *jambīra* lemon and juice of *jambīra* lemon.

Process of Drug-Making: Take equal parts of the *rāsnā*, *haraḍa*, *karcūra*, dried ginger, *marica*, *pippala*, *savarjikṣāra*, *yavakṣāra*, all the five types of salt, *pippalīmūla* and pieces of *jambīra* lemon. Compound them together and prepare a

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fine powder out of them. Triturate the compound through *bhāvanā* method using the juice of *jambīra* lemon as base.

Method of use/Administration: This medicinal powder is to be taken in doses of 2 gm. to 5 gm. along with warm water.

Therapeutic benefits: It helps in checking the *grahaṇī* associated with the vitiated *śaleśma*.

(*Yoga Ratnākar*)

शट्यादिचूर्णम्–

शटीव्योषाभयाः क्षारौ ग्रन्थिकं बीजपूरकम् । लवणाम्लाम्बुना पेयं श्लैष्मिके ग्रहणीगदे ।।१९।।

19. Śaṭyādi Cūrṇam:

Ingredients: *Śatī* (*karcūra*), dried ginger, *marica*, *pippalī*, *haraḍa*, *svarjjikṣāra*, *yavakṣāra*, *pippalīmūla*, *jambīra* lemon and *jambīra* lemon.

Process of Drug-Making: Take *śaṭī* (*karcūra*), dried ginger, *marica*, *pippalī*, *haraḍa*, *svarjjikṣāra*, *yavakṣāra*, *pippalīmūla* and *jambīra* lemon in equal parts. Clean and compound these ingredients together. Process them through mortar along with *jambīra* lemon for one whole day and subsequently dry them.

Method of use/Administration: This medicinal powder is to be taken in doses of 2 gm. to 5 gm. along with *kānji* treated with slight salt.

Therapeutic benefits: It helps in checking the *grahaṇī* associated with the vitiated *kapha*.

(*Yoga Ratnākar*)

हिमांश्वादिचूर्णम्–

हिमांशु रास्ना लवणानि पथ्याक्षारद्वयंसर्जियवोत्थितंयत् ।
कटुत्रिकं चापि समं समानं तद्बीजपूरोत्थरसेन भाव्यम् ।।२०।।
ततो विचूर्णीकृतमुष्णवारिणा पिबेच्च वह्नेर्बहुधाऽभिवृद्धयै ।
बलस्य वर्णस्य समृद्धिसिद्धयै मरुत्कफोत्थग्रहणीविनाशकृद् ।।२१।।

20-21. Himanśvādi Cūrṇam:

Ingredients: Purified camphor, *rāsnā*, all the five types of salt, *haraḍa*, *svarjjikṣāra*, *yavakṣāra*, dried ginger, *marica*, *pippalī*, pieces of dried *jambīra* lemon and *jambīra* lemon.

Process of Drug-Making: Collect purified camphor, *rāsnā*, all the five types of salt, *haraḍa*, *svarjjikṣāra*, *yavakṣāra*, dried ginger, *marica*, *pippalī* and pieces

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of dried *jambīra* lemon in equal parts. Clean and compound these ingredients together. Process them through mortar along with *jambīra* lemon for one whole day and subsequently dry them.

Method of use/Administration: This medicinal powder is to be taken in doses of 2 gm. to 5 gm. along with warm water.

Therapeutic benefits: It helps in checking the *grahaṇī* associated with the vitiated *kapha*. It also promotes the digestive power and the strength and complexion of body.

प्रसङ्गतो मलकाठिन्ये विष्टम्भे च चिकित्सा–

नितान्तदुष्टेर्मरुतो मलं यदाऽऽऽतुरो विमुञ्चेत्कठिनं च रूक्षम् ।
ससैन्धवं सर्पिरिहौषधं तदा प्रयोजयेत्तस्य शुभाय वैद्यः ।
विष्टम्भरोगेसति चोष्णवारिणा विडं यमानीमपि शीलयेद्गदी ।।२२।।

22. The patients who is suffering from severe constipation and passing very dry stool should obtain 80 ml. water and warm it up. 20 gm. each of *ghṛitam* (clarified butter) and rock salt should be added into this water. Stir the mix properly and drink it. This medication can remove the constipation. Besides one can also take small quantity of caraway (6 gm.) with *viḍa* salt (6 gm.) for relief.

श्रीफलशलाटुकल्कः–

श्रीफलशलाटुकल्कोनागरचूर्णेनमिश्रितःसगुडः। ग्रहणीगदमत्युग्रंतक्रभुजाशीलितो जयति ।।२३।।

23. Obtain the dried fruit pulp of *bilva* about 3 gm. and prepare water based *kalka* of it. This *kalka* should be consumed with 10 gm. of raw sugar and 3 gm. of dried ginger. This is an effective medicine of psilosis. Besides one should take light meals with buttermilk to check the disease.

(Cakradatt)

पञ्चपल्लवम्–

जम्बूदाडिमशृङ्गाटपाठाकञ्चटपल्लवैः । पक्वं पर्युषितं बालबिल्वं सगुडनागरम् ।।२४।।
हन्ति सर्वानतीसारान् ग्रहणीमतिदुस्तराम् ।।२५।।

24-25. Tender *bilva* fruit should be boiled with the leaves of *jambū*, *dāḍima*, *śṛingāṭa*, *pāṭhā* and *kancaṭa*. Keep the preparation for over-night and administer it with jaggery and the powder of *nāgara*. This cures all serious types of *atisāra* (diarrhoea) and *grahaṇī*.

(Cakradatt)

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चित्रकादिगुडिका–

चित्रकंपिप्पलीमूलं द्वौ क्षारौ लवणानि च । व्योषं हिङ्ग्वजमोदाञ्च चव्यञ्चैकत्र चूर्णयेत् ।।२६।।
गुडिका मातुलुङ्गस्य दाडिमस्य रसेन वा । कृता विपाचयत्यामं दीपयत्याशु चानिलम् ।।२७।।

26-27. Citrakaādi Guṭikā:

Ingredients: *Citraka*, root of *pippalī*, both types of *kṣāra* (alkalis), five varieties of *lavaṇa* (salts), *vyoṣa*, *hingu*, *ajamodā*, *cavya*, and juice of *mātulunga* or *dāḍima*.

Process of Drug-Making: Take equal parts of *citraka*, root of *pippalī*, both types of *kṣāra* (alkalis), five varieties of *lavaṇa* (salts), *vyoṣa*, *hingu*, *ajamodā* and *cavya*. Thoroughly compound them into a powder. It should then be made to pills by triturating it along with the juice of *mātulunga* or *dāḍima* for three hours. Pills should measure 500 mg. and they should be dried in the shadow.

Method of use/Administration: These pills are to be taken along with lukewarm water.

Therapeutic benefits: This helps in proper functioning of digestive system and in promoting the power of digestion.

(*Caraka Samhitā*)

पञ्चलवणानि–

सौवर्चलं सैन्धवञ्च विडमौद्भिदमेव च । सामुद्रेण समं पञ्चलवणान्यत्र योजयेत् ।।२८।।

28. By the term *Pañcalavaṇa* five varieties of salt are referred. They include the *sauvarcala* or *suvarcala*, *saindhava*, *viḍa*, *audbhida* and *samudra*.

(Cakradatt)

नागराद्यं चूर्णम्–

नागरातिविषामुस्तं धातकी च रसाञ्जनम् । वत्सकत्वक् फलं पाठा बिल्वं कटुकरोहिणी ।।२९।।
पिबेत्समांशं तच्चूर्णं सक्षौद्रं तण्डुलाम्बुना । पैत्तिके ग्रहणीदोषे रक्तं यश्चोपवेश्यते ।।३०।।
अर्शांस्यथ गुदे शूलं जयेच्चैव प्रवाहिकाम् । नागराद्यमिदं चूर्णं कृष्णात्रेयेण पूजितम् ।।३१।।

29-31. Nāgarādya Cūrṇa:

Ingredients: *Nāgara*, *ativiṣā*, *mustā*, *dhātakī*, *rasāñjana*, bark and fruit of *vatsaka*, *bilva*, *pāṭhā*, *kaṭuka rohiṇī*.

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Process of Drug-Making: Take all these herbs in equal quantity: *nāgara*, *ativiṣā*, *mustā*, *dhātakī*, *rasāñjana*, bark and fruit of *vatsaka*, *bilva*, *pāṭhā*, *kaṭuka rohiṇī*. Compound them into fine powder and store the mix in a glass container.

Method of use/Administration: This powder is to be taken in doses of 2 gm. along with honey and *taṇḍulāmbu* (rice-washing).

Therapeutic benefits: It cures *paittika* type of *grahaṇī* in which blood is passed along with the stool. It also cures piles, pain in anal-region and dysentery. This recipe has been propounded by sage Kriṣṇātreya. It is famous by the name *Nāgarādya Cūrṇa*.

तण्डुलोदकनिर्माणविधिः–

शीतकषायमानेन तण्डुलोदककल्पना । केऽप्यष्टगुणतोयेन प्राहुस्तण्डुलभावनाम् ।।३२।।

32. For the preparation of *taṇḍulodaka* (rice-washing) prescribed in this recipe, rice and water should be taken according to the proportion prescribed for *śīta kāṣāya*. According to some physicians, for this preparation, rice should be impregnated with eight times of water.

Note on method to prepare *Taṇḍulodaka* or rice-washing: There are three methods, generally identical ones to prepare the *Taṇḍulodaka*.

1. Soak one part of the rice grains (*taṇḍula*) into water measuring two parts for six hours.

2. Mix uncertain amounts of rice grains and water and thrash the grains with hands inside the water itself.

3. Authorities like Vrinda suggest taking 48 gm. measure of grains and 384 ml. of water. The grains should be coarsely powdered and soaked into water. Finally the liquid should be strained.

(Cakradatt)

पाठाद्यं चूर्णम्–

पाठाबिल्वानलव्योष-जम्बूदाडिमधातकीकटुकाऽतिविषामुस्ता–दार्वीभूनिम्बवत्सकैः ।।३३।।
सर्वैरेभिः समं चूर्णं कौटजं तण्डुलाम्बुना । हृद्रोगग्रहणीदोषारोचकानलसादजित् ।।३४।।

33-34. Pāṭhādya Cūrṇa:

Ingredients: *Pāṭhā*, *bilva*, *anala*, *vyoṣa*, *jambū*, *dāḍima*, *dhātakī*, *kaṭuka*, *ativiṣā*, *mustā*, *dārvī*, *bhūnimba*, *vatsaka* and powder of *kuṭaja* bark.

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Process of Drug-Making: Take all these herbs in 12 gm. measure each: *pāṭhā*, *bilva*, *anala*, *vyoṣa*, *jambū*, *dāḍima*, *dhātakī*, *kaṭuka*, *ativiṣā*, *mustā*, *dārvī*, *bhūnimba* and *vatsaka*. Compound all of them together into fine powder and mix the powder along with powder of *kuṭaja* bark measuring combined weight of the other powders. Store the compound in glass bottles.

Method of use/Administration: It should be taken in doses of 2 gm. to 4 gm. along with the rice-washing (*taṇḍulodaka*) and honey.

Therapeutic benefits: This cures vomiting, fever, diarrhoea, colic-pain, burning sensation in the cardiac region, sprue syndrome and anorexia. It stimulates the suppressed power of digestion. This is also a cardiac *rasāyaṇa*.

(Cakradatt)

भूनिम्बादिचूर्णम्–

भूनिम्बकटुकाव्योषमुस्तकेन्द्रयवान्समान् । द्वौचित्रकाद्वत्सकत्वग्भागान् षोडश चूर्णयेत् ।।३५।।
गुडशीताम्बुभिः पीतं ग्रहणीदोषगुल्मनुत् । कामलाज्वरपाण्डुत्वमेहारुच्यतिसारनुत् ।।३६।।
गुडयोगाद् गुडाम्बु स्याद् गुडवर्णरसान्वितम् ।।३७।।

35-37. *Bhūnimbādi Cūrṇa*: Obtain powder measuring 10 gm. each of the *bhūnimba*, *kaṭuka*, *vyoṣa*, *mustaka* and *indrayava*, 20 gm. of red variety of purified *citraka* and 180 gm. of the bark of *vatsaka*. Combine them thoroughly. This medicinal powder is taken in doses of 2 gm. to 5 gm. along with jaggery (10 gm.) and cold water. It cures *grahaṇī*, *gulma* (phantom-tumour), jaundice, fever, anemia, *meha* (obstinate urinary disorders including diabetes), anorexia and diarrhoea. This recipe is taken along with *guḍa* (jaggery) and *ambu* (water). Therefore, it is also called *Guḍambu Yoga*. The prerparation looks like jaggery both in colour and taste.

Note: The roots of red variety of *candana* should be soaked into lime water and subsequently dried in sun. This process purifies the herb.

(Cakradatt)

दाडिमाष्टकचूर्णम्–

कर्षोन्मितातुगाक्षीरीचातुर्जातं द्विकार्षिकम् । यमानीधान्यकाजाजी-ग्रन्थिव्योषं पलांशकम् ।।३८।।
पलानि दाडिमादष्टौ सितायाश्चैकतः कृतम् । गुणैः कपित्थाष्टकवच्चूर्णमेतन्न संशयः ।।३९।।

38-39. Dāḍimāṣṭaka Cūrṇa:

Ingredients: *Tuga kṣīrī*, *cāturjāta*, *yavānī*, *dhānyaka*, *ajājī*, *granthi*, *vyoṣa*, *dāḍima* and sugar.

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Process of Drug-Making: 10 gm. measure of *tuga kṣīrī*, 20 gm. of *cāturjāta*, 40 gm. each of *yavānī*, *dhānyaka*, *ajājī*, *granthi* and *vyoṣa* and 320 gm. of *dāḍima* and sugar (40 gm.) should be compounded into a powder.

Method of Use/Administration: It should be taken in doses of 2 gm. to 4 gm.

Therapeutic benefits: It is called *Dāḍimaṣṭaka Cūrṇa* and it as useful as the *Kapitthāṣṭaka Cūrṇa* below.

(Cakradatt)

कपित्थाष्टकचूर्णम्–

यमानीपिप्पलीमूलचातुर्जातकनागरैः । मरिचाग्निजलाजाजीधान्यसौर्वर्चलैः समैः ।।४०।।
वृक्षाम्लधातकीकृष्णाबिल्वदाडिमतिन्दुकैः । त्रिगुणैः षड्गुणसितैः कपित्थाष्टगुणैः कृतः ।।४१।।
चूर्णोऽतिसारग्रहणीक्षयगुल्मगलामयान् । कासं श्वासारुची हिक्कां कपित्थाष्टमिदं जयेत् ।।४२।।

40-42. Kapitthāṣṭaka Cūrṇa:

Ingredients: *Yavānī*, *pippalīmūla*, *cāturjātaka*, *nāgara*, *marica*, *agni*, *jāla*, *ajājī*, *dhānya* and *sauvarcala*, *vṛikṣāmla*, *dhātakī*, *kṛiṣṇā*, *bilva*, *dāḍima*, *dipyaka*, sugar and *kapittha*.

Process of Drug-Making: Gather 10 gm. each of *yavānī*, *pippalīmūla*, *cāturjātaka*, *nāgara*, *marica*, *agni*, *jāla*, *ajājī*, *dhānya* and *sauvarcala*, 30 gm. each of *vṛikṣāmla*, *dhātakī*, *kṛiṣṇā*, *bilva*, *dāḍima* and *dipyaka*, 80 gm. of sugar and 80 gm. of *kapittha*. These drugs should be compounded into a powder.

Therapeutic benefits: This cures diarrhoea, sprue-syndrome, consumption, *gulma* (phantom tumour), *kāsa* (coughs), asthma, anorexia and hiccup. This preparation is called *Kapitthāṣṭaka cūrṇa*.

Note: there is difference of opinions about the amount of sugar in the preparation. Some authorities suggest taking greater amount of it.

(Cakradatt)

स्वल्पगङ्गाधरचूर्णम्–

मुस्तसन्धवशुण्ठीभिर्धातकीलोध्रवत्सकैः । बिल्वमोचरसाभ्याञ्च पाठेन्द्रयवबालकैः ।।४३।।
आम्रबीजमतिविषालज्जा चेति सुचूर्णितम् । क्षौद्रतण्डुलतोयाभ्यां जयेत्पीत्वा प्रवाहिकाम् ।।४४।।
सर्वातीसारशमनं सर्वशूलनिदषूनम् । सङ्ग्रहग्रहणीं हन्ति सूतिकाऽऽतङ्कमेव च ।।
एतद्गङ्गाधरं चूर्णं सरिद्वेगावरोधनम् ।।४५।।

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43-45. Svalpa Gangādhara Cūrṇa:

Ingredients: *Mustā*, rock salt, dried ginger, flowers of *dhātakī*, *lodhra*, bark of *kuṣṭha* plant, seed pulp of *bilva* fruits, *mocarasa*, *pāṭhā*, *indrayava*, *netrabālā*, mango-stone, purified *ativiṣā*, and seeds of *lajjālu*.

Process of Drug-Making: Take in equal part each of the *mustā*, rock salt, dried ginger, flowers of *dhātakī*, *lodhra*, bark of *kuṣṭha* plant, seed pulp of *bilva* fruits, *mocarasa*, *pāṭhā*, *indrayava*, *netrabālā*, mango-stone, purified *ativiṣā*, and seeds of *lajjālu*. Prepare a fine powder of their mix.

Method of use/Administration: Take this medicinal powder in doses of 2 gm. to 4 gm. along with honey and rice- washing.

Therapeutic benefits: This is an effective treatment to dysentery and diarrhoea (*atisāra*), *śūla*, *sanagrahaṇī* (sprue), and indispositions related to the delivery. This *Gangādhara Cūrṇa* is as effective in treating diarrhoea (*atisāra*) as severe as a flooded river.

मध्यमगङ्गाधरचूर्णम् (साहिफेनम्)–

बिल्वं मोचरसं पाठा धातकी धान्यमेव च । ह्रीबेरं नागरं मुस्तं तथैवातिविषा समम् ।।४६।।
अहिफेनं लोध्रकञ्च दाडिमं कुटजं तथा । पारदं गन्धकञ्चैव समभागं विचूर्णयेत् ।।४७।।
तक्रेण खादयेत्प्रातश्चूर्णं गङ्गाधरं महत् । ज्वरमष्टविधं हन्यादतीसारं सुदुस्तरम् ।।४८।।
गहणीं विविधांश्चैव कोष्ठव्याधिहरं परम् ।।४९।।

46-49. Madhyama Gangādhara Cūrṇam (with opium type):

Ingredients: Seed pulp of *bilva* fruits, *mocarasa*, *pāṭhā*, flowers of *dhātakī*, coriander seeds, *netrabālā*, *nāgaramustā*, purified *ativiṣā*, purified opium, *lodhra*, seeds or bark of pomegranate fruit, purified *pārada* and purified *gandhaka*.

Process of Drug-Making: Take in equal part each of the seed pulp of *bilva* fruits, *mocarasa*, *pāṭhā*, flowers of *dhātakī*, coriander seeds, *netrabālā*, *nāgaramustā*, purified *ativiṣā*, purified opium, *lodhra*, seeds or bark of pomegranate fruit, purified *pārada*, purified *gandhaka*. First prepare *kajjalī* out of the *pārada* and *gandhaka*. Mix into the *kajjalī* rest of the above materials except opium. Dissolve the preparation into water treated with opium. Mortar the mix till it gets saturated. Finally, dry the medicine.

Method of use/Administration: Take the medicine in doses of 1 gm. along with the *anupāna* of buttermilk.

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Therapeutic benefits: This medication cures eight types of fever, difficult cases of diarrhoea (*atisāra*) and *samgrahaṇī* (sprue). This medicinal powder (*Cūrṇa*) is a great formula for the problems related to gastro intestinal tract.

मध्यगङ्गाधरचूर्णम्–

बिल्वं शृङ्गाटकदलं दाडिमं दलमेव च । समुस्तातिविषाचैव श्वेतसर्जञ्च धातकी ।।५०।।
मरिचं पिप्पली शुण्ठी दार्वी भूनिम्बनिम्बकम् । जम्बू रसाञ्जनञ्चैव कुटजस्य फलं तथा ।।५१।।
पाठा समङ्गा ह्रीबेरं शाल्मलीवेष्टमेव च । शक्राशनं भृङ्गराजचूर्णं देयं समं समम् ।।५२।।
कुटजस्य त्वचश्चूर्णं सर्वचूर्णसमं मतम् । मध्यगङ्गाधरं नाम चूर्णं लोके महागुणम् ।।५३।।
नानावर्णमतीसारं चिरजं बहुरूपिणम् । दुर्वारां ग्रहणीं हन्ति तृष्णां कासञ्च दुर्जयम् ।।५४।।
ज्वरञ्च विविधं हन्ति शोथञ्चैव सुदारुणम् । अरुचिं पाण्डुरोगञ्च हन्यादेव न संशयः ।।
छागीदुग्धेन मण्डेन मधुना वाऽथ लेहयेत् ।।५५।।

50-55. Madhyama Gangādhara Cūrṇam:

Ingredients: Inner pulp of the stone of *bilva* fruits, leaves of *samangā*, pomegranate fruits, *nāgaramustā*, *ativiṣā*, white bitumen, flowers of *dhātakī*, *marica*, pepper, dried ginger, *dāru haridrā*, *bhūnimba*, bark of *neem*, bark of *jambū*, *rasāñjana*, *indrayava*, *pāṭhā*, *samangā* (or *vārāhakrāntā*) *netrabālā*, bulbs of the cotton tree, purified *vijayā*, *bhṛingarāja* and the *kuṣṭha* plant.

Process of Drug-Making: Get 50 gm. measure of the inner pulp of the stone of *bilva* fruits, leaves of *samangā*, pomegranate fruits, *nāgaramustā*, *ativiṣā*, white bitumen, flowers of *dhātakī*, *marica*, pepper, dried ginger, *dāru haridrā*, *bhūnimba*, bark of *neem*, bark of *jambū*, *rasāñjana*, *indrayava*, *pāṭhā*, *samangā* (or *vārāhakrāntā*) and *netrabālā*, bulbs of the cotton tree, purified *vijayā*, and *bhṛingarāja*. Powder each of them and clean them out of the external elements. Take the powder of the *kutaja* plant measuring the combined weight of above drugs and properly mix all of them.

Method of use/Administration: This medicinal powder is to be taken in doses of 2 gm. to 4 gm. This *Madhyagangādhara Cūrṇa* is to be taken along with milk of goat, *manḍa* and honey.

Therapeutic benefits: Depending on the use of various *anupāna*, this medicinal *cūrṇam* (powder) proves very effective in checking diseases like chronic diarrhoea involving stools of different clours, morbid thirst (*tṛiṣṇā*), difficult cold and coughs (*kāsa*), *śotha* (edema), anorexia (*aruci*) and anemia.

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गङ्गाधरचूर्णम् (वृद्धम्)–

मुस्तारलुकशुण्ठीभिर्धातकीलोध्रबालकैः । बिल्वमोचरसाभ्यां च पाठेन्द्रयववत्सकैः ।।५६।।
आम्रबीजसमङ्गाऽतिविषायुक्तैश्च चूर्णितैः । मधु तण्डुलपानीयं पीतं हन्ति प्रवाहिकाम् ।।५७।।
हन्ति सर्वानतीसारान् ग्रहणीं हन्ति वेगतः । वृद्धं गङ्गाधरं चूर्णं रुन्ध्याद्गीर्वाणवाहिनीम् ।।५८।।

56-58. Gangadhar Cūrṇam (Vṛiddham):

Ingredients: *Mustā*, *śyoṇāka*, dried ginger, flowers of *dhātakī*, *lodhra*, *netrabālā*, seeds of *bilva* fruit, *mocrasa*, *pāṭhā*, *indrayava*, seed pulp of the mango fruit, *manjiṣṭhā* and *ativiṣā*.

Process of Drug-Making: Take in equal part powders of the *mustā*, *śyoṇāka*, dried ginger, flowers of *dhātakī*, *lodhra*, *netrabālā*, seeds of *bilva* fruit, *mocrasa*, *pāṭhā*, *indrayava*, seed pulp of the mango fruit, *manjiṣṭhā* and *ativiṣā*.

Method of use/Administration: Consume this medicine thrice a day in doses of 1 gm. to 2 gm. with honey along with rice-washing (*taṇḍulodaka*).

Therapeutic benefits: This medicine effectively cures severe cases of dysentery and *grahaṇī*.

(Cakradatt)

स्वल्पलवङ्गाद्यं चूर्णम्–

लवङ्गातिविषामुस्तं बिल्वं पाठा च शाल्मली । जीरकं धातकीपुष्पं लोध्रेन्द्रयवबालकम् ।।५९।।
धान्यं सर्जरसं शृङ्गी पिप्पली विश्वभेषजम् । समङ्गा यावशूकञ्च सैन्धवं सरसाञ्जनम् ।।६०।।
एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् । शमयेदग्निमान्द्यञ्च सङ्ग्रहग्रहणीं जयेत् ।।६१।।
नानावर्णमतीसारंसशोथां पाण्डुकामलाम् । इदमष्ठीलिकां हन्ति कासं श्वासं ज्वरं वमिम् ।।६२।।
हृल्लासमम्लपित्तञ्च सशूलं सान्निपातिकम् । सर्वरोगं निहन्त्याशु भास्करस्तिमिरं यथा ।।६३।।

59-63. Svalpa Lavangādyam Cūrṇam:

Ingredients: *Lavanga* (cloves), *ativiṣā*, *mustā*, seeds of unripe *bilva* fruit, *pāṭhā*, *mocrasa*, cumin seeds, flowers of *dhātakī*, *lodhra*, *indrayava*, *netrabālā*, coriander *seeds*, bitumen, *śṛīngī*, *pippalī*, dried ginger, *manjiṣṭhā vārāhakrāntā*, *yavaśuka kṣāra*, rock salt and *rasāñjana*.

Process of Drug-Making: Obtain powders measuring 12 gm. each of the following: cloves, *ativiṣā*, *mustā*, seeds of unripe *bilva* fruit, *pāṭhā* powder, *mocrasa*, cumin seeds, flowers of *dhātakī*, *lodhra*, *indrayava*, *netrabālā*, coriander seeds, bitumen, *śṛīngī*, *pippalī*, dried ginger, *manjiṣṭhā* and *vārāhakrāntā*. Also take *yavaśuka kṣāra*, rock salt, *rasāñjana* measuring 1 gm. each and mortar all these materials.

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Method of use/Administration: Consume this medicine in doses of 1 gm. to 3 gm. with lukewarm water.

Therapeutic benefits: This medicine cures such indispositions as the loss of appetite, *sangrahaṇī*, diarrhoea associated with painful passing of stools of different colours, anemia (*pāṇḍu roga*), jaundice (*kāmalā*), *aśthilika*, *kāsa* (coughs), *śvāsa* (breathing troubles), fever, vomiting, *hṛallāsa*, painful cases of *āmlapitta*, and *sannipātta*. This *Svalpa Lavangādyam Cūrṇam* is capable to relieve one from a variety of diseases as effectively as the sun removes darkness.

(*Ras Ratnākar*)

वृहल्लवङ्गाद्यं चूर्णम्–

लवङ्गातिविषा मुस्तं पिप्पलीमरिचानि च । सैन्धवं हवुषा धान्यं कट्फलं पुष्करं तथा ।।६४।।
जातीकोषफलाजाजीसौवर्चलरसाञ्जनम् । धातकी मोचकं पाठा पत्रं तालीशकेशरम् ।।६५।।
चित्रकञ्च विडञ्चैव तुम्वुरुबिल्वमेव च । त्वगेला पिप्पलीमूलमजमोदा यमानिका ।।६६।।
समङ्गा वत्सकं शुण्ठी दाडिमं यावशूकजम् । निम्बं सर्जरसं क्षारं सामुद्रं टङ्गणं तथा ।।६७।।
ह्रीवेरं कुटजञ्चैव जम्ब्वाम्रं कटुरोहिणी । अभ्रकं पुटितं लौहं शुद्धगन्धकपारदम् ।।६८।।
एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् । मधुना वा लिहेच्चूर्णं पिबेत्तण्डुलवारिणा ।।६९।।
सर्वदोषहरञ्चैव ग्रहणीं हन्ति दुस्तराम् । वातिकीं पैत्तिकीञ्चैव श्लैष्मिकीं सान्निपातिकीम् ।।७०।।
पक्वापक्वमतीसारं नानावर्णं सवेदनम् । कृष्णारुणञ्च पीतञ्च मांसधावनसन्निभम् ।।७१।।
ज्वरारोचकमन्दाग्निं कासं श्वासं वमिं तथा । अम्लपित्तं तथा हिक्कां प्रमेहञ्च हलीमकम् ।।७२।।
पाण्डुरोञ्च विष्टम्भमर्शांसि विविधानि च । प्लीहगुल्मोदरानाहशोथातीसारपीनसान् ।।७३।।
आमवातं तथाऽजीर्णं सङ्ग्रहग्रहणीं जयेत् । उदरं प्रदरञ्चैव लवङ्गाद्यमिदं शुभम् ।।७४।।

64-74. Bṛihallavangādyama Cūrṇam:

Ingredients: *Lavanga* (clove), *ativiṣā*, *mustā*, pepper, *marica*, rock salt, *hapuṣa*, coriander seeds, *kaṭphala*, *puṣkara*, *jātīkoṣa*, *jātīphala*, cumin seeds, *sauvarcala* salt, *rasāñjana*, flowers of *dhātakī*, *mocarasa*, powder of *pāṭhā*, cassia leaves, *tālīśapatra*, *nāgarkeśara*, root of purified *citraka*, *viḍa lavaṇa*, Nepalese variety of coriander seeds, seeds of *bilva* fruit, cinnamon barks, smaller cardamom, *pippalīmūla*, *ajmodā*, caraway seeds, *vārāhakrāntā*, bark of *manjiṣṭhā*, dried ginger, pomegranate, *yavakṣāra*, bark of *neem*, bitumen, powder, *svarjikṣāra*, sea salt, purified borax, *netrabālā*, *indrayava*, stone of *jambū* fruit, stone of mango fruit, *abhraka bhasma*, *lauha bhasma*, purified *gandhaka* and purified *pārada*.

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Process of Drug-Making: Take powder measuring 12 gm. each of the following: clove, *ativiṣā*, *mustā*, pepper, *marica*, rock salt, *hapuṣa*, coriander seeds, *kaṭphala*, *puṣkara*, *jātīkoṣa*, *jātīphala*, cumin seeds, *sauvarcala* salt, *rasāñjana*, flowers of *dhātakī*, *mocarasa*, powder of *pāṭhā*, cassia leaves, *tālīśapatra*, *nāgarkeśara*, root of purified *citraka*, *viḍa lavaṇa*, Nepalese variety of coriander seeds, seeds of *bilva* fruit, cinnamon barks, smaller cardamom, *pippalīmūla*, *ajmodā*, caraway seeds, *vārāhakrāntā*, bark of *manjiṣṭhā*, dried ginger, pomegranate, *yavakṣāra*, bark of *neem*, bitumen powder, *svarjikṣāra*, sea salt, purified borax, *netrabālā*, *indrayava*, stone of *jambū* fruit, stone of mango fruit, *abhraka bhasma*, *lauha bhasma*, purified *gandhaka* and purified *pārada*,. First of all prepare *kajjalī* out of the *gandhaka* and *pārada*. Mix rest of the ingredients into it uniformly.

Method of use/Administration: Consume this medicine in doses of 1 gm. to 3 gm. with honey and rice-washing (*taṇḍulodaka*).

Therapeutic benefits: This medicine cures *grahaṇī roga* caused due to disordered *vāta*, *pitta*, *śleṣma*, *sannipātta* (*sannipātika*), sprue (*grahaṇīvikāra*) and painful cases of diarrhoea associated with passing of stools of different colours. Apart from these, this medicine is also capable to treat cases of fever (*jvara*), anorexia (*arocaka*), loss of digestive power (*mandāgni*), coughs (*kāsa*), breathing troubles (*śvāsa*), vomitting (*vamana*), *āmlapitta*, *hikkā* (hiccup), *prameha* (i.e. urinary disorders including diabetes), anemia (*halīmaka*), jaundice (*pāṇḍu roga*), constipation (*viṣṭambha*), piles (*arśa*), enlargement of spleen (*plīhāvṛiddhi*), *gulma*, problems related to gastro intestinal tract (*udara roga*), *ānāha*, *śotha*, sinus (*pīnasa*), rhemutism (*āmvāta*), indigestion (*ajīrna*) and leucorrhoea. This medicine is called as *Bṛihal Lavangādyama Cūrṇam* and is very useful.

(*Ras Ratnākar*)

लवङ्गाद्यं चूर्णम् (महत्)–

लवङ्गं जीरकं कौन्ती सैन्धवं त्रिसुगन्धिकम् । अजमोदा यमानी च मुस्तकं सकटुत्रयम् ।।७५।।
त्रिफला शतपुष्पा च पाठा भूनिम्बगोक्षुरम् । जातीकोषफले दार्वी नलदं चन्दनं मुरा ।।७६।।
शटी मधुरिका मेथी टङ्गणं कृष्णाजीरकम् । क्षारद्वयं बालकञ्च बिल्वं पौष्करकं तथा ।।७७।।
चित्रकं पिप्पलीमूलं विडङ्गं सधनीयकम् । रसाभ्रगन्धकं लौहं समं सर्वं विचूर्णितम् ।।७८।।
उष्णोदकानुपानेन मन्दाग्नेर्दीपनं परम् । शीततोयानुपानैर्वा बुद्ध्वा दोषगतिं भिषक् ।।७९।।
आमातिसारं ग्रहणीं चिरकालोत्थितामपि । शूलं विष्टम्भमानाहं विसुचीं शोथकामले ।।८०।।
हलीमकं पाण्डुरोगं हन्ति कासं विशेषतः । लवङ्गाद्यं महच्चूर्णं शर्करासहितं पिबेत् ।।८१।।

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आध्मानं शमयेच्छीघ्रं लवङ्गस्यानुपानतः । अश्विभ्यां निर्मितं ह्येतल्लोकानुग्रहहेतवे ।।८२।।

75-82. Lavangādyama Cūrṇam (Bigger Variety)

Ingredients: *Lavanga* (cloves), cumin seeds, *hareṇukā*, rock salt, cinnamon, smaller cardamom, cassia, *ajmodā*, caraway seeds, *mustā*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, aniseeds, *pāṭhā*, *bhūnimba*, *gokṣura*, *jātīkoṣa*, *jātīphala*, *dāruharidrā*, *nalada*, white sandalwood, *murā*, *śaṭī*, *madhurikā*, fenugreek (*methī*), purified borax, black cumin seeds, *svarajikṣāra*, *yavakṣāra*, *netrabālā*, seeds of *bilva* fruit, *puṣkaramūla*, root of *citraka*, *pippalīmūla*, *vāyaviḍanga*, coriander seeds, purified *pārada*, *abhraka bhasma*, *gandhaka bhasma* and *lauha bhasma*.

Process of Drug-Making: Obtain equal parts of the following: *lavanga* (cloves), cumin seeds, *hareṇukā*, rock salt, cinnamon, smaller cardamom, cassia, *ajmodā*, caraway seeds, *mustā*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, aniseeds, *pāṭhā*, *bhūnimba*, *gokṣura*, *jātīkoṣa*, *jātīphala*, *dāruharidrā*, *nalada*, white sandalwood, *murā*, *śaṭī*, *madhurikā*, fenugreek (*methī*), purified borax, black cumin seeds, *svarajikṣāra*, *yavakṣāra*, *netrabālā*, seeds of *bilva* fruit, *puṣkaramūla*, root of *citraka*, *pippalīmūla*, *vāyaviḍanga*, coriander seeds, purified *pārada*, *abhraka bhasma*, *gandhaka bhasma* and *lauha bhasma*. First of all prepare *kajjalī* out of the *pārada* and *gandhaka*. Obtain *kalka* of the rest of the above materials and mix it into the *kajjalī*.

Method of use/Administration: Consume this medicine in doses of 1 gm. to 3 gm. along with lukewarm water. In treatment of the cases of *āmātisāra*, mix *śarkara* with this medicine. In cases of *ādhyaman* and *kāsaroga*, one should take it with powder of clove and honey. One can also take it with cold water depending upon the condition of *doṣa* involved.

Therapeutic benefits: It restores the digestive power. This medicine cures disorders like loss of appetite (*mandāgni*), diarrhoea (*āmātisāra*), sprue (*grahaṇīvikāra*), colic pain (*śūla*), constipation (*viṣṭambha*), *ānāha*, dysentery (*viṣūcī*), *śotha*, jaundice (*kāmalā*), *halīmaka*, anemia (*pāṇḍu roga*) and coughs (*kāsa*). This medicine has been first prepared by Aśvinī Kumāras for the welfare of mankind.

स्वल्पनायिकाचूर्णम् (लाईचूर्णम्)–

त्रिशाणं पञ्चलवणं प्रत्येकं त्र्यूषणं पिचुः । गन्धकान्माषकानष्टौ चत्वारो माषका रसात् ।।८३।।

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इन्द्राशनात्पलं शाणत्रितयाधिकमिष्यते । खादेन्मिश्रीकृताच्छाणमनुपेयश्च काञ्जिकम् ।।८४।।
माषकादिक्रमेणैवमनुयोज्यं रसायनम् । अत्यन्ताग्निकरश्चैतद्भोजनं सार्वकामिकम् ।।८५।।
प्रसिद्धा योगिनी नारी तया प्रोक्तं रसायनम् । ग्रहणीनाशनं ह्येतदग्निसन्दीपनं परम् ।।८६।।

83-86. Svalpanāika Cūrṇam:

Ingredients: Five types of salt (*sauvarcala*, *saindhava*, *viḍa*, *romaka* and *sāmbhara*), dried ginger, *marica*, pepper, purified *gandhaka*, purified *pārada* and purified *vijayā*.

Process of Drug-Making: Get 9 gm. measure of each of the five types of salt (*sauvarcala*, *saindhava*, *viḍa*, *romaka*, and *sāmbhara*), 12 gm. each of dried ginger, *marica*, pepper and 8 gm. of purified *gandhaka*, 4 gm. of purified *pārada*, 46 gm. of purified *vijayā*. First of all prepare *kajjalī* out of *pārada* and *gandhaka*. Churn the above materials into a fine powder and after filtering mix them with *kajjalī*. Preserve the mixture in glass bottle.

Method of use/Administration: Lick this medicine in doses of 3 gm. with honey and *kānji*. While consuming this medicine, there is no specific dietary regulation and one could take foods as per desire.

Therapeutic benefits: This medicines cures loss of digestion (*mandāgni*) and is a great *rasāyaṇa*. This medicine has been prepared by a lady holy sage (*mahāyogini*) in ancient ages. It cures *grahaṇī roga* and increases the digestive power.

(*Rasendra Cintamani*)

मध्यमनायिकाचूर्णम्–

कर्षं गन्धकमर्द्धपारदयुतं कुर्याच्छुभां कज्जलींद्व्यक्षांशं त्रिकटोश्च पञ्चलवणात्सार्द्धञ्च कर्षं पृथक् ।
सार्द्धाक्षंद्विपलंविचूर्ण्यसकलंशक्राशनान्मिश्रितात्
खादेच्छाणमतोऽनुकाञ्जिकपलं मन्दाग्निसन्दीपनम् ।।८७।।
स्वेच्छाभोजनतो रसायनमिदं घूर्णादिकोपद्रवे ।
पेयञ्चात्र तु काञ्जिकं वदति सा नारी महायोगिनी ।।८८।।
हन्याद्वातञ्चपित्तंकफविकृतिमतीसारमद्धासमस्तंकासंश्वासञ्चशूलंज्वर मुदररुजो राजयक्ष्माणमुग्रम् ।
प्लीहानञ्चामवातंषडपिचगुदजान्कुष्ठरोगंसमग्रंवातास्रंकण्ठरोगानिदमिहकथितं दीपनं जाठराग्नेः ।।८९।।

87-89. Madhyamanāika Cūrṇam:

Ingredients: Purified *gandhaka*, *pārada*, ginger, *marica*, pepper, five types of salt and purified *vijayā*.

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Process of Drug-Making: Obtain purified *gandhaka* (12 gm.) and *pārada* (6 gm.). First prepare a thinly powdered and fine *kajjalī* out of the *pārada* and *gandhaka*. Mix into it powder of the following materials: 8 gm. measure each of the dried ginger, *marica*, pepper, 18 gm. measure each of the powder of the five types of salt, 30 gm. measure of the purified *vijayā*.

Method of use/Administration: One should take this medicinal powder in doses of 1 gm. to 3 gm. along with *anupāna* of *kānji* measuring 50 ml. As suggested by the great lady physician (*mahāyogini*), one should take *kānji* during the period of this medication.

Therapeutic benefits: This medicine is a great appetizer and cures indisposition like loss of digestion (*mandāgni*). Depending on different *anupānas*, the medicinal powder can cure a variety of diseases like diarrhoea caused due to disordered *vāta*, *pitta* and *śleṣma*, coughs (*kāsa*), breathing troubles (*śvāsa*), colic pain (*śūla*), fever (*jvara*), problems related to gastro intestinal tract (*udara roga*), severe cases of consumption (*rājayakṣmā*), enlargement of spleen (*plīhvṛiddhi*), *vāta roga* (*āmvāta*), piles (*arśa*), leprosy (*kuṣṭha*), gout (*vātarakta*). The medicine is also a great appetizer.

(*Rasendra Cintamani*)

बृहन्नायिकाचूर्णम्–

चित्रकं त्रिफला व्योषं विडङ्गं रजनीद्वयम् । भल्लातकं यमानी च हिङ्गु लवणपञ्चकम् ।।९०।।
गृहधूमो वचा कुष्ठं घनमभ्रञ्च गन्धकम् । क्षारत्रयञ्चाजमोदा पारदो गजपिप्पली ।।९१।।
अमीषां चूर्णकं यावत्तावच्छक्राशनस्य च । अभ्यर्च्य नायिकां प्रातर्योगिनीं कामरूपिणीम् ।।९२।।
विडालपदमात्रं तु भक्षयेदस्य गुण्डकम् । मन्दाग्निकासदुर्नामप्लीहपाण्डुचिरज्वरान् ।।९३।।
प्रमेहशोथविष्टम्भसंग्रहग्रहणीं जयेत् । सर्वातीसारहरणः सर्वशूलनिषूदनः ।।९४।।
आमवातगदोच्छेदी सूतिकाऽऽतङ्कनाशनः ! न च ते व्याधयः सन्ति वातपित्तकफोद्भवाः ।।९५।।
यात्र हन्याददः सिद्धं गुण्डकं नायिकाकृतम् । वार्यन्नमाषमभ्यङ्गस्नानं पिशितभोजनम् ।।९६।।
काञ्जिकाम्लंसदापथ्यं दग्धमीनस्तथा दधि । काष्ठमप्युदरे तस्य भक्षणाद्याति जीर्णताम् ।।९७।।

90-97. Bṛihannayika Cūrṇam:

Ingredients: Root of *citraka*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, pepper, *vāyaviḍanga*, *haridrā*, *dāruharidrā*, purified *bhallātaka*, *yamānī*, asafoetida (fried in *ghṛitam*), the five types of salt, smoke ash of the kitchen, *vacā*, *kuṣṭha*, *mustā*, *abhraka bhasma*, *gandhaka bhasma*, *svarjikṣāra*, *yavakṣāra*, borax, *ajamodā*, *pārada bhasma*, *gajapippalī* and purified *vijayā*.

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Process of Drug-Making: Get 12 gm. measure powder of each of the following: root of *citraka*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, pepper, *vāyaviḍanga*, *haridrā*, *dāruharidrā*, purified *bhallātaka*, *yamānī*, asafoetida (fried in *ghṛitam*), the five types of salt, smoke ash of the kitchen, *vacā*, *kuṣṭha*, *mustā*, *abhraka bhasma*, purified *gandhaka*, *svarjikṣāra*, *yavakṣāra*, borax, *ajamodā*, purified *pārada*, *gajapippalī* and 360 gm. measure (equal to the combined weight of the above ingredients) of the powder of the purified *vijayā*. First prepare *kajjalī* out of the *pārada* and *gandhaka*. Mix into it rest of the above materials.

Method of use/Administration: The patient should have due cleaning of the body in morning; should perform his regular worship and should pray the goddess *Kāmrūpa* (that is capable to take shapes as per her desire). After that the patient should take this medicine in doses of 1 gm. to 3 gm. along with honey.

The following edibles are helpful while taking treatment from this disease: cold water, cooked rice, *urada* pulses, meet soup, *kānji*, fishes roasted and fried in *ghṛitam* and spices, curd and the like. Massaging and bathing are also helpful in the case.

Therapeutic benefits: This medicinal powder is a great cure of a variety of diseases including loss of digestive power (*mandāgni*), coughs (*kāsa*), piles (*arśa*), enlargement of spleen (*plīhāvṛiddhi*), anemia (*pāṇḍu roga*), chronic fever (*jvara*), *prameha* (i.e. urinary disorders including diabetes), *śotha*, constipation (*viṣṭambha*), *sangrahaṇī roga*, diarrhoea (*atisāra*), colic pain (*śūla*), *vāta roga* (*āmvāta*) and puerperal indispositions (*sutikā*). Propounded by the great physician Ms. Nayika this drug is capable to treat all kinds of diseases caused due to disorder in *vāta*, *pitta* and *kapha*. Intake of this medicine helps one to digest even wood pieces in the stomach.

(*Rasendra Cintamani*)

ग्रहणीशार्दूलचूर्णम्–

रसगन्धकलौहाभ्रं हिङ्गु लवणपञ्चकम् । हरिद्रे कुष्ठकञ्चैव वचामुस्तविडङ्गकम् ।।९८।।
त्रिकटु त्रिफला चित्रमजमोदा यमानिका । गजोपकुल्या क्षाराणि तथैव गृहधूमकम् ।।९९।।
एतेषां कार्षिकं चूर्णं विजयाचूर्णकं समम् । माषद्वयमिदं चूर्णं शालितण्डुलवारिणा ।।१००।।
भक्षयेत्प्रातरुत्थाय ग्रहणीगदनाशनम् । अग्निञ्च कुरुते दीप्तं वडवानलसन्निभम् ।।१०१।।
सर्वातीसारशमनं तृष्णाज्वरविनाशनम् । पक्वापक्वमतीसारं नानावर्णं सवेदनम् ।।१०२।।
आमातिसारमखिलंविशेषाच्छ्वयथुं जयेत् । असाध्यां ग्रहणीं हन्ति पाण्डुप्लीहचिरज्वरान् ।।

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ग्रहणीशार्दूलचूर्णं सर्वरोगकुलान्तकम् ।।१०३।।

98-103. Grahaṇīśārdūla Cūrṇam:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, asafoetida (fried into *ghṛitam*), each of the five kinds of salts, *haridrā*, *dāruharidrā*, *kuṣṭha*, *vacā*, *mustā*, *vāyaviḍanga*, dried ginger, *marica*, pepper, *haraḍa*, *vibhītaka*, *āmlakī*, root of *citraka*, *ajamodā*, caraway seeds, *gajapippalī*, *yavakṣāra*, *svarjikṣāra*, purified borax, ash of the kitchen smoke and purified powder of *vijayā*.

Process of Drug-Making: Take 12 gm. measure each of the purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, asafoetida (fried into *ghṛitam*), each of the five kinds of salts, *haridrā*, *dāruharidrā*, *kuṣṭha*, *vacā*, *mustā*, *vāyaviḍanga*, dried ginger, *marica*, pepper, *haraḍa*, *vibhītaka*, *āmlakī*, root of *citraka*, *ajamodā*, caraway seeds, *gajapippalī*, *yavakṣāra*, *svarjikṣāra*, purified borax and ash of the kitchen smoke. Also get purified powder of *vijayā* in a measure (360 gm.) equal to the combined weight of the rest of the ingredients. Thoroughly mix these ingredients and compound the mix.

Method of use/ Administration and Therapeutic benefits: Taken in doses of 1 gm. along with the washing of the *śāli* variety of rice this medicinal *cūrṇa* or powder cures *grahaṇī roga* and develops digestive power like a wildfire. Apart from that the medicine is capable to cure all types of diarrhoea, anemia, chronic fever and enlargement of spleen and the like. Taken with different *anupānas*, this medicine can cure all kinds of indispositions.

जातीफलादिचूर्णम्–

जातीफलं विडङ्गानि चित्रकं तगरं तथा । तालीशं चन्दनं शुण्ठी लवङ्गञ्चोपकुञ्चिका ।।१०४।।
कर्पूरञ्चाभया धात्री मरिचं पिप्पली तुगा । एषामक्षसमा भागाश्चातुर्जातकसंयुताः ।।१०५।।
पलानि सप्त भङ्गायाः सिता सर्वसमा तथा । चूर्णमेतत्क्षयेत्कासं श्वासं च ग्रहणीगदम् ।।१०६।।
अरोचकं प्रतिश्यायं यथा चानलमन्दताम् । एतान् रोगान्निहन्त्येव वृक्षमिन्द्राशनिर्यथा ।।१०७।।

104-107. Jātīphalādi Cūrṇam:

Ingredients: *Jātīphala*, *vāyaviḍanga*, root of *citraka*, *tagara*, *tālīśapattra*, white *candan*, dried ginger, cloves, cumin seeds, camphor, *haraḍa*, *āmla*, *marica*, pepper, *vanśalocana*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, powder of purified *vijayā* and sugar.

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Process of Drug-Making: Get 12 gm. measure each of the *jātīphala*, *vāyaviḍanga*, root of *citraka*, *tagara*, *tālīśapattra*, white *candan*, dried ginger, cloves, cumin seeds, camphor, *haraḍa*, *āmla*, *marica*, pepper, *vanśalocana*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*. Obtain powder of purified *vijayā* measuring 330 gm. and sugar measuring the combined weight of the other materials (560 gm). Thoroughly mix these ingredients and compound the mix.

Method of use/ Administration and Therapeutic benefits: Taken in doses of 1 gm. to 3 gm. along with the different *anupānas* this medicinal powder cures one from a variety of diseases including consumption, cough, cold, *grahaṇī*, anorexia, loss of digestive power, and the like. The medicine is as effective in treating the diseases as the powerful weapon *Vajra* of Indra is in striking down the trees.

जीरकाद्यचूर्णम्–

जीरकंटङ्गणं मुस्तं पाठा बिल्वं सधान्यकम् । बालकं शतपुष्पा च दाडिमं कुटजं तथा ।।१०८।।
समङ्गा धातकीपुष्पं व्योषञ्चैव त्रिजातकम् । मोचरसः कलिङ्गश्च व्योम गन्धकपारदौ ।।१०९।।
यावन्त्येतानिचूर्णानि तावज्जातीफलानि च । एतत् ग्राशितमात्रेण ग्रहणीं दुस्तरां जयेत् ।।११०।।
अतीसारं निहन्त्याशु सामं नानाविधं तथा । कामलां पाण्डुरोगञ्च मन्दाग्निञ्च विशेषतः ।।१११।।
जीरकाद्यमिदं चूर्णमगस्त्येन प्रकाशितम् ।।११२।।

108-112. Jirkādya Cūrṇam:

Ingredients: Cumin seeds, purified borax, *mustā*, *pāṭhā*, seed-pulp of *bilva* fruit, coriander seeds, *netrabālā*, aniseeds, fruits or seeds of *dāḍima*, *vārāhakrānta*, *manjiṣṭhā*, flowers of *dhātakī*, dried ginger, *marica*, *pippalī*, cinnamon barks, smaller cardamom, cassia, *mocarasa*, *indrayava*, *abhraka bhasma*, purified *gandhaka*, purified *pārada*, and *jātīphala*.

Process of Drug-Making: Get 10 gm. measure each of the following: cumin seeds, purified borax, *mustā*, *pāṭhā*, seed-pulp of *bilva* fruit, coriander seeds, *netrabālā*, aniseeds, fruits or seeds of *dāḍima*, *vārāhakrānta*, *manjiṣṭhā*, flowers of *dhātakī*, dried ginger, *marica*, *pippalī*, cinnamon barks, smaller cardamom, cassia, *mocarasa*, *indrayava*, *abhraka bhasma*, purified *gandhaka*, purified *pārada*, and *jātīphala* measuring equal amount to the above materials, i. e. 230 gm. First prepare *kajjalī* out of the purified *pārada* and *gandhaka* and mix into it the pulverized powder of the rest of the ingredients.

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Method of use/Administration: This medicinal powder or *Cūrṇam* is to be taken in doses of 1 gm. to 3 gm.

Therapeutic benefits: This is an effective cure for such indispositions as the sprue (*grahaṇī*), diarrhoea (*āmātisāra*) involving stools of different colours, jaundice (*kāmalā*), anemia (*pāṇḍu roga*), loss of digestive power (*mandāgni*). God Agastya himself has prepared this prescription.

मार्कण्डेयचूर्णम्–

शुद्धसूतञ्च गन्धञ्च हिङ्गुलं टङ्गणं तथा । व्योषं जातीफलञ्चैव लवङ्गं तेजपत्रकम् ।।११३।।
एलाबीजं चित्रकञ्च मुस्तकं गजपिप्पली । नागरं सजलञ्चाभ्रं धातक्यतिविषा तथा ।।११४।।
शिग्रुजं शाल्मलञ्चैवमहिफेनं पलांशकम् । एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् ।।११५।।
खादेदस्मात्प्रतिदिनं माषकं सितया सह । संग्रहग्रहणीं हन्ति मन्दाग्निञ्च विनाशयेत् ।।११६।।
धातुवृद्धिं वयोवृद्धिं बलपुष्टिं करोत्यपि । मार्कण्डेयमिदं चूर्णं महादेवेन निर्मितम् ।।११७।।

113-117. Mārkandeya Cūrṇam:

Ingredients: *Pārada*, *gandhaka*, *hiñgula*, borax, dried ginger, *marica*, *pippalī*, *jātīphala*, clove, cassia leaves, smaller cardamom, root of *citraka*, *mustā*, *gajapippalī*, *netrabālā*, *abhraka bhasma*, flowers of *dhātakī*, *ativiṣā*, *sahjana*, *mocarasa* and opium.

Process of Drug-Making: Raise 46 gm. measure of the medicinal materials by taking fine powder of the following in equal parts: *pārada*, *gandhaka*, *hiñgula*, borax, dried ginger, *marica*, *pippalī*, *jātīphala*, clove, cassia leaves, smaller cardamom, root of *citraka*, *mustā*, *gajapippalī*, *netrabālā*, *abhraka bhasma*, flowers of *dhātakī*, *ativiṣā*, *sahjana*, *mocarasa* and opium. Make *kajjalī* out of the *pārada* and *gandhaka* and mix the rest of ingredients into it.

Method of use/Administration: This medicinal powder should be taken daily in doses of 1 gm. along with sugar.

Therapeutic benefits: It effectively checks the indispositions related to loss of digestive power and sprue syndrome (*sangrahaṇī*). This is also a great nutrient and invigourating powder. First of all this medicine was prescribed by God Mahādevaji.

तालीसादि गुटिका चूर्णं च–

तालीसचव्येमरिचंपलार्द्धांशानि नागरात् । अध्यर्द्धं पिप्पलीमूलात्पिप्पल्याश्च पलं पलम् ।।११८।।
कर्षन्तु नागपुष्पस्य त्रुटी कर्षार्द्धमेव च । त्वक्पत्रोशीरकर्षस्तु चूर्णात्त्रिगुणितो गुडः ।।११९।।

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ततोऽक्षमात्रागुटिकामद्ययूषपयोरसैः। पीताऽम्भसाभक्षितावा सर्वान् हन्याद् गुदोद्भवान् ।।१२०।।
शूलं पानात्ययं छर्दिं प्रमेहं विषमज्वरान् । गुल्मं पाण्डुरुजं शोफं हृद्रोगं ग्रहणीगदान् ।।१२१।।
कासहिक्काऽरुचिश्वासकृम्यतीसारकामलाः।मन्दाग्नितांमूत्रकृच्छ्रंहन्याच्छोकंचसाभृशम् ।।१२२।।
एतदेव भवेच्चूर्णं सिताचूर्णं चतुर्गुणम् । सपित्तेषु विकारेषु विशेषेणामृतोपमम् ।।१२३।।
सा चैव गुटिका पथ्या फलत्रयविशेषिता । शोफार्शोग्रहणीरोगपाण्डुशूलापहारिणी ।।१२४।।

118-124. Tālīśādi Guṭikā and Cūrṇa :

Ingredients: *Talīśpattra*, *cavya*, *marica*, dried ginger, *pippalīmūla*, *pippalī*, *nāgakeśara*, smaller cardamom, cinnamon, cassia, *uśīra* along with the old raw sugar.

Process of Drug-Making: Get 23 gm. measure each of the *talispattra*, *cavya* and *marica*, 70 gm. measure of dried ginger, 46 gm. each of *pippalīmūla*, *pippalī* and 12 gm. of *nāgakeśara*, 6 gm. measure of smaller cardamom, and 12 gm. measure each of the cinnamon, cassia and *uśīra*. Make a fine powder out of all of them and prepare a mix. Obtain old and raw sugar measuring three times the combined weight of the above ingredients (i.e. 855 gm.) and pulverizing the sugar compound all the materials together. Make pills measuring 3 gm. each out of the preparation and dry them.

Method of use/Administration: One pill of this medicine is to be taken along with liquor, *yūṣa* or milk.

Therapeutic benefits: It is effective in such ailments as piles (*arśa*), colic pain (*śūla*), *pānātyaya*, vomitting (*vamana*), *prameha* (i.e. urinary disorders including diabetes), *viṣam jvara*, *gulma*, anemia (*pāṇḍu roga*), *śopha*, coughs (*kāsa*), hiccup (*hikkā*), anorexia (*aruci*), breathing troubles (*śvāsa*), worm infections (*kṛimi*), diarrhoea (*atisāra*), jaundice (*kāmalā*), loss of digestive power (*mandāgni*), retention of urine (*muttrakṛiśra*) and depression.

If in place of raw sugar, powder of sugar (measuring nine times the combined weight of the above ingredients) is employed this preparation is called *Tālīśādi Cūrṇa*. This is more beneficial for *pitta* related diseases. If the preparation suggested above is added with the *triphalā* herbs it becomes more effective in treatment of *śopha*, piles (*arśa*), *grahaṇī roga*, anemia (*pāṇḍu roga*) and colic pain (*śūla*).

वार्त्ताकुगुटिका–

चतुष्पलं स्नुहीकाण्डात् त्रिपलं लवणत्रयात् । वार्त्ताकुकुडवश्चार्कादष्टौ द्वे चित्रकात्पले ।।१२५।।
दग्ध्वा रसेन वार्त्ताकोर्गुटिका भोजनोत्तराः । भक्तं भुक्तं पचन्त्याशु कासश्वासार्शसां हिताः ।

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विसूचिकाप्रतिश्यायहृद्रोगघ्नाश्च ता मताः ।।१२६।।

125-126. Vārtāku Guṭikā:

Ingredients: Stem of *snuhī*, salt (rock salt, *suvarcala* and *viḍa* varieties), *vārtāku* (aubergine), *arka*, *citraka* and juice of *vārtāku* fruits or leaves.

Process of Drug-Making: Obtain 187 gm. of the stem of *snuhī*, 46 gm. of three varieties of salt (rock salt, *suvarcala* and *viḍa*), 187 gm. of *vārtāku* (aubergine), 375 gm. of *arka* and 93 gm. of *citraka*. All of them should be burnt and the ash should be obtained out of it. The ash should be processed through mortar along with juice of *vārtāku* fruits or leaves. Prepare pills measuring 500 mg. each.

Method of use/Administration: These pills are to be taken after meals.

Therapeutic benefits: It immediately digests the ingested food and cures *kāsa* (coughs), asthma, piles, *viṣūcīkā* (a condition characterized by voiding of loose motion and pricking-pain all over the body), cold and heart disease.

(Cakradatt)

मुण्ड्यादिगुटिका–

मुण्डीशतावरीमुस्तावानरी दुग्धिकाऽमृता । यष्टिकं सैन्धवं तुल्यं सूक्ष्मचूर्णं प्रकल्पयेत् ।।१२७।।
चूर्णस्यद्विगुणायोज्या विजया मृदुभर्जिता । घृतस्निग्धे पचेद्भाण्डे दुग्धं दशगुणं गवाम् ।।१२८।।
यावत्पिण्डत्वमापन्नातावन्मृद्वग्निनापचेत् । तुल्यंतुतस्मिन्सक्षौद्रंसंमिश्र्य गुडिकाः शुभाः ।।१२९।।
कर्षोन्मिताविदध्याच्चतास्ततोग्रहणीगदे । पित्तवाते श्लेष्मपित्ते सम्यक् पित्ते च योजयेत् ।।१३०।।

127-130. Muṇḍyādi guṭikā:

Ingredients: *Muṇḍī*, *śatāvarī*, *mustā*, *vānarī*, *dugdhikā*, *guḍūcī*, *yaṣṭi*, rock salt, *ghṛita*-fried *vijayā*, cow milk and honey.

Process of Drug-Making: Take fine powder measuring 10 gm. each of *muṇḍī*, *śatāvarī*, *mustā*, *vānarī*, *dugdhikā*, *guḍūcī*, *yaṣṭi* and rock salt. Obtain *ghṛita*-fried *vijayā* measuring three times of the above ingredients combined (160 gm.) and cow milk measuring ten times (3.20 litre) as the like. Cook the combination of all the above materials and allow the preparation to get thick. Add to the preparation the honey measuring 1 kg.

Method of use/Administration: One should take this medicine in doses of 12 gm. along with honey.

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Therapeutic benefits: This is a great recipe for the cure of *grahaṇī* caused due to vitiated *kapha* and *pitta doṣas*.

कञ्चटावलेहः–

प्रस्थे पचेत्कञ्चटतालमूल्योः सिताऽर्द्धप्रस्थं शृतपादशेषे ।
ततोऽक्षमात्राणि समानि दद्याच्चूर्णानि धीरो विधिवत्तदेषाम् ।।१३१।।
समङ्गा धातकी पाठा बिल्वं मुस्ताऽथ पिप्पली । शक्रकातिविषाक्षारसौवर्चलरसाञ्जनम् ।।१३२।।
शाल्मलीवेष्टकञ्चैव सर्वं सिद्धे निधापयेत् । शीते च मधुनश्चात्र कुडवार्द्धं विनिक्षिपेत् ।।१३३।।
अस्य मात्रां प्रयुञ्जीत यथाकालं प्रमाणतः । सर्वातिसारं शमयेत् संग्रहग्रहणीं तथा ।।१३४।।
अम्लपित्तकृतं दोषमुदरं सर्वरूपिणम् । विकारान् कोष्ठजान् हन्ति हन्याच्छूलमरोचकम् ।।१३५।।

131-135. Kañcaṭāvleha:

Ingredients: *Kañcaṭa*, *tālamūli*, water, sugar, powder of *manjiṣṭhā* or *vārāhakrāntā*, flowers of *dhātakī*, *pāṭhā*, seed-pulp of *bilva* fruit, *mustā*, pepper, *indrayava*, *ativiṣā*, *yavakṣāra*, *sauncara* salt, *rasāñjana*, *mocarasa* and honey.

Process of Drug-Making: Take 375 gm. measure of the *kañcaṭa* and *tālamūli* and decoct them in water measuring 6 litre till the quantity is reduced to one quarter. Add 375 gm. measure of sugar to it and prepare a thick syrup. Add to the preparation 12 gm. measure each of the powder of *manjiṣṭhā* or *vārāhakrāntā*, flowers of *dhātakī*, *pāṭhā*, seed-pulp of *bilva* fruit, *mustā*, pepper, *indrayava*, *ativiṣā*, *yavakṣāra*, *sauncara* salt, *rasāñjana* and *mocarasa*. After a while remove out the preparation from the stove. When it gets cold on its own mix 93 gm. measure of honey into it. Finally preserve the preparation into a glass can.

Method of use/Administration: This *Kañcaṭāvleha* should be taken in doses of 5 gm. to 12 gm.

Therapeutic benefits: It is affective in checking all kinds of diarrhoea (*atisāra*), *sangrahaṇī*, *āmlapitta*, problems related to gastro intestinal tract, colic pain and anorexia.

दशमूलगुडः–

दशमूलीपलशतं जलद्रोणे विपाचयेत् । तेन पादावशेषेण पचेद् गुडतुलां भिषक् ।।१३६।।
आर्द्रकस्वरसप्रस्थं दत्त्वा मृद्वग्निना ततः । लेहीभूते प्रदातव्यं चूर्णमेषां पलं पलम् ।।१३७।।
पिप्पली पिप्पलीमूलं मरिचं विश्वभेषजम् । हिङ्गु भल्लातकञ्चैव विडङ्गमजमोदकम् ।।१३८।।
द्वौक्षारौचित्रकंचव्यंपञ्चैव लवणानि च । दत्त्वा सुमथितं कृत्वा स्निग्धभाण्डे निधापयेत् ।।१३९।।
कोलत्रयं ततः खादेत् प्रातः प्रातर्विचक्षणः । हन्ति मन्दानलं शोथमामजां ग्रहणीमपि ।।१४०।।

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आमं सर्वभवं शूलं प्लीहानमुदरं तथा ।।१४१।।
मन्दानलभवं रोगं विष्टम्भं गुदजानि च ।।१४२।।
ज्वरं चिरन्तनं हन्ति तमिस्त्रां भानुमानिव ।।१४३।।

136-143. Daśamūla Guḍa:

Ingredients: *Daśamūla* herbs, raw sugar, juice of ginger, *pippalī*, *pippalīmūla*, *marica*, dried ginger, asafoetida fried in *ghṛitam*, purified *bhallātaka*, *vāyaviḍanga*, *ajamodā*, *svarjikṣāra*, *yavakṣāra*, root of *citraka*, *cavya* and all of the five types of salts.

Process of Drug-Making: Obtain 4800 gm. (100 *pala*) measure of the *daśamūla* herbs by taking each of them in equal parts. Boil them in water measuring 12.5 litre till the quantity is reduced to one quarter. Sieve the decoction into a pot and dissolve 5 kg. measure of raw sugar into it. Add to the preparation 750 mg. measure of the juice of ginger. Cook the preparation on a slow heat so long as it gets the shape of a confection. Finally add to it 46 gm. measure each of the following: *pippalī*, *pippalīmūla*, *marica*, dried ginger, asafoetida fried in *ghṛitam*, purified *bhallātaka*, *vāyaviḍanga*, *ajamodā*, *svarjikṣāra*, *yavakṣāra*, root of *citraka*, *cavya*, and all of the five types of salts. Store the preparation into some earthenware and stir it thoroughly so that each ingredients are mixed well.

Method of use/Administration: This confection (*Avaleha*) is to be taken in doses of 9 gm. along with cold water during morning hours.

Therapeutic benefits: This is an effective medicine to treat indispositions like loss of digestive powder (*mandāgni*), *śotha*, *āmadoṣa*, *grahaṇī roga*, *āmśūla*, coilc pain (*śūla*), enlargement of spleen (*plīhāvṛiddhi*), problems related to gastro intestinal tract, constipation (*viṣṭambha*), piles (*arśa*) and chronic fever (*purāṇajvara*). The medicine is as powerful in removing diseases as the sun is in removing darkness.

कल्याणगुडः–
प्रस्थत्रयेणामलकीरसस्य शुद्धस्य दत्त्वाऽर्धतुलां गुडस्य
चूर्णीकृतैर्ग्रन्थिकजीरचव्य-व्योषेभकृष्णाहवुषाऽजमोदैः ।
विडङ्गसिन्धुत्रिफलायमानी-पाठाऽग्निधान्यैश्चपलप्रमाणैर्दत्त्वा
त्रिवृच्चूर्णपलानि चाष्टावष्टौ च तैलस्य पचेद्यथावत् ।।१४४।।
तं भक्षयेदक्षफलप्रमाणं यथेष्टचेष्टं त्रिसुगन्धियुक्तमनेन
सर्वे ग्रहणीविकाराः सश्वासकासस्वरभेदशोथाः ।

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शाम्यन्ति चायश्चिरमंतराग्नेर्हतस्य पुंस्त्वस्यच वृद्धिहेतुः
स्त्रीणाञ्च वंध्यामयनाशनोऽयं कल्याणकोनामगुडः प्रदिष्टः ।।१४५।।
त्रिवृतांभर्जयन्त्यत्रमनाक्तैले चिकित्सकाः । तत्रोक्तमानसाधर्म्यात् त्रिसुगन्धिपलं पृथक् ।।१४६।।

144-146. Kalyāṇa Guḍa:

Ingredients: Juice of *āmalakī*, jaggery, *granthika*, *jīraka*, *cavya*, *vyoṣa*, *kṛiṣṇā*; *havuṣā*, *ajamodā*, *viḍanga*, *sindhu*, *tṛiphalā herbs*, *yamānī*, *pāṭhā*, *agni*, *dhānya*, *tṛivṛit*, til oil, cinnamon bark, smaller cardamom and cassia leaves.

Process of Drug-Making: 2.250 litre of the juice of *āmalakī* should be boiled by adding 2.350 kg. of jaggery to it. When the syrup is about to take shape add to it 46 gm. of the powder of each of *granthika*, *jīraka*, *cavya*, *vyoṣa*, *kṛiṣṇā*, *havuṣā*, *ajamodā*, *viḍanga*, *sindhu*, *tṛiphalā herbs*, *yamānī*, *pāṭhā*, *agni* and *dhānya* and 375 gm. of the powder of *tṛivṛit* and 375 ml. of *tila* oil. Finally add to it cinnamon bark, smaller cardamom and cassia leaves (46 gm. each) and stir the preparation thoroughly.

This recipe is called *Kalyāṇaka Guḍa*. For this recipe, the powder of *tṛivṛit* should be slightly fried with *tila* oil and *tṛisugandhi* herbs (cinnamon bark, smaller cardamom and cassia leaves) in 48 gm. quantity should be used in treating the drug.

Method of use/Administration: This recipe should be taken in the dose of 5 gm. along with *tṛisugandhi*.

Therapeutic benefits: This cures all types of sprue syndrome, asthma, cough, hoarseness of voice and edema. It stimulates the digestive power. It cures sterility in women. This cures all types of sprue syndrome, asthma, cough, hoarseness of voice and edema. It stimulates the digestive power. It cures sterility in women.

कूष्माण्डकल्याणकः–
कूष्माण्डकानांरूढानांसुस्विन्नंनिष्कुलत्वचाम् । सर्पिःप्रस्थे पलशतं ताम्रपात्रे शनैः पचेत् ।।१४७।।
पिप्पलीपिप्पलीमूलं चित्रकं हस्तिपिप्पली । धान्यकानि विडङ्गानि यमानि मरिचानि च ।।१४८।।
त्रिफला चाजमोदा च कलिङ्गाजालिसैन्धवम् । एकैकस्य पलं चैव त्रिवृदष्टपलं भवेत् ।।१४९।।
तैलस्य च पलान्यष्टौ गुडपञ्चाशदेव तु । प्रस्थैस्त्रिभिः समेतन्तु रसे ह्यामलकस्य च ।।१५०।।
यदा दर्वीप्रलेपः स्यात्तदैनमवतारयेत् ।।१५१।।
यथाशक्ति गुण्डान्कुर्यात्कर्षकर्षार्द्धमानकान् । अनेन विधिना चैव प्रयुक्तस्तु जयेदिमान् ।।१५२।।
प्रसह्य ग्रहणीरोगान् कुष्ठान्यर्शोभिगन्दरान् । ज्वरमानाहहृद्रोगगुल्मोदरविसूचिकाः ।।१५३।।
कामलां पाण्डुरोगांश्च प्रमेहांश्चैव विंशतिम् । वातशोणितवीसर्पात् दद्रुचर्महलीमकान् ।।१५४।।

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कफपित्तानिलान्सर्वान्प्ररूढांश्चव्यपोहति। व्याधिक्षीणावयःक्षीणाःस्त्रीषुक्षीणाश्च ये नराः ।।१५५।।
तेषांवृष्यश्च बल्यश्च वयःस्थापन एव च । गुडकूष्माण्डको नाम बन्ध्यानां गर्भदः परः ।।१५६।।

147 - 156. Kūṣmaṇḍaguḍa Kalyāṇaka:

Ingredients: *Kuṣmāṇḍa*, *ghṛiṭam*, oil, juice of *āmalakī*, jaggery, *pippalī*, *pippalī mūla*, *citraka*, *hasti pippalī*, *dhānyaka*, *viḍanga*, *yavānī*, *marica*, *tṛiphalā*, *ajamodā*, *kalinga*, *ajājī*, rock salt, *tṛivṛit* and sesame oil.

Process of Drug-Making: Get a ripened *kūṣmaṇḍa* fruit and peel out its skin and remove out the seeds, etc. from its centre. Cut the fruit into small pieces. Boil these pieces into an earthen or metallic pan along with a little water. Allow the preparation to cool down on its own. Following that, press the pieces in palms and thus squeeze out its juice. Compound them into a paste and dry the same under sun. Finally, get the preparation powdered. In this fashion, obtain 4670 gm. measure of the powder of *kūṣmaṇḍa*. Place it in a pan containing 750 ml. of boiled *ghṛita* and 375 ml. of boiled sesame oil. Fry the *kūṣmaṇḍa* powder on a slow heat and when it emits pleasant scent and turns into red colour, add to it 2250 ml. of juice of *āmalakī* and 2335 gm. of *guḍa*. Subsequently, the preparation should be cooked further along with 46 gm. each of the *pippalī*, *pippalīmūla*, *citraka*, *hasti pippalī*, *dhānyaka*, *viḍanga*, *yavānī*, *marica*, *tṛiphalā*, *ajamodā*, *kalinga*, *ajājī*, rock salt and 375 gm. of *tṛivṛit* root powder. When it reaches the stage of *dārvī pralepa* (when the recipe sticks to the stirring-spoon), stop cooking and allow the preparation to cool down. Finally, prepare pills measuring 12 gm. or 18 gm. each.

Method of use/Administration: This recipe should be taken daily.

Therapeutic benefits: This cures obstinate type of sprue-syndrome, *kuṣṭha* (skin diseases including leprosy), piles, *bhagandara* (fistula-in-ano), fever, *ānāha* (distension of abdomen associated with constipation), heart-disease, *gulma* (phantom tumour), *udara* (obstinate abdominal diseases), *viṣūcīkā* (a condition characterized by loose motions and pricking pain in the body), jaundice, anemia, twenty types of *prameha* (urinary diseases including diabetes), gout, erysipelas, ring-worm, *halīmaka* (a type of jaundice) and diseases caused by *kapha*, *pitta* and *vāyu*. Persons who are emaciated because of chronic diseases, old age and over indulgence in sex should use this recipe that serves as aphrodisiac and promoter of strength. It restores youth in such persons. It also helps in the conception of sterile-woman by correcting their reproduction system.

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श्रीकामेश्वरमोदकः–

सम्यङ्गारितमभ्रकं कटफलं कुष्ठाश्वगन्धाऽमृतामेथी मोचरसो विदारिमुषलीगोक्षूरकञ्चेक्षुरः ।
रम्भाकन्दशतावरीत्वजमुदामांसीतिलाधान्यकंहैमीनागबलाकचूरमदनंजातीफलं सैन्धवम् ।।१५७।।
मार्गी कर्कटशृङ्गकं त्रिकटुकं जीरद्वयं चित्रकंचातुर्जातपुनर्नवागजकणाद्राक्षाशटीबालकम् ।
शाल्मल्यङ्घ्रिफलत्रिकंकपिभवंबीजंसमं
चूर्णयेच्चूर्णांशाविजयासिताद्विगुणिता मध्वाज्ययोः पिण्डितम् ।।१५८।।
कर्षांशागुटिकाऽर्द्धकर्षमथवासेव्यासदाकामिभिसेव्यं
क्षीरसितं सुवीर्यकरणं स्तम्भेऽप्ययं कामिनाम् ।
वामावश्यकरःसुखातिसुखदोबह्वङ्गनाद्रावणःक्षीणेपुष्टिकरःक्षतक्षयहरोहन्याच्चसर्वामयान्।।१५९।।
कासश्वासमहातिसारशमनः कामाग्निसन्दीपनोदुर्णामग्रहणीप्रमेहनिवहश्लेष्मातिरेकप्रणुत् ।
नित्यानन्दकरोविशेषकवितावाचांविलासोद्भवंधत्ते
सर्वगुणं महास्थिरमलिर्बालो नितान्तोत्सवः ।।१६०।।
अभ्यासेननिहन्तिमृत्युपलितंकामेश्वरोवत्सरात्सर्वेषांहितकारिणा निगदितः श्रीनित्यनाथेन सः ।
वृद्धानांमदनोदयोदयकरःप्रौढाङ्गनासङ्गमेसिंहोऽयंसमदृष्टिप्रत्ययकरो भूपैः सदा सेव्यताम् ।।१६१।।

157-161. Śrikāmeśvara Modaka:

Ingredients: *Abhraka bhasma*, *kaṭaphala*, *kuṣṭha*, *aśvagandhā*, *amṛitā*, fenugreek, *mocarasa*, bulb of *vidārī*, *muśalīkanda*, *gokṣura*, *kokilākṣa*, root of banana plant, *śatāvarī*, *ajamodā*, *jaṭāmānsī*, black variety of sesame oil, coriander seeds, root of plant *dugdhikā*, root of thorn apple, root of *nāgabalā*, *śaṭī*, *bālaka*, *jātīphala*, rock salt, *bhārgī*, *karkaṭśṛīngī*, dried ginger, *marica*, pepper, white and black variety of cumin seeds, root of *citraka*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, root of *punarnavā*, *haraḍa*, *vibhītaka*, seeds of *kapibhava* plant, *ghṛita*-fried *vijayā* and sugar.

Process of Drug-Making: Take 10 gm. measure each of the purified *abhraka bhasma*, *kaṭaphala*, *kuṣṭha*, *aśvagandhā*, *amṛitā*, fenugreek, *mocarasa*, bulb of *vidārī*, *muśalīkanda*, *gokṣura*, *kokilākṣa*, root of banana plant, *śatāvarī*, *ajamodā*, *jaṭāmānsī*, black variety of sesame oil, coriander seeds, root of plant *dugdhikā*, root of thorn apple, root of *nāgabalā*, *śaṭī*, *bālaka* (*mainphalā*), *jātīphala*, rock salt, *bhārgī*, *karkaṭśṛīngī*, dried ginger, *marica*, pepper, white and black variety of cumin seeds, root of *citraka*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, root of *punarnavā*, *haraḍa*, *vibhītaka*, seeds of *kapibhava* plant. Obtain 225 gm. measure of the *ghṛita*-fried *vijayā* and sugar measuring 1350 gm. Also should be taken *ghṛitam* in measure of 300 gm. Combine all the ingredients together and mix the preparation through hands. Make small pills measuring 5 gm. to 10 gm. each. Store the pills in a clean glass or clay pot.

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Method of use/Administration: This medicine is to be taken in doses of one pill. Intakc of the drug is to be followed by drink of milk treated in jaggery.

Therapeutic benefits: This *Śrīkāmeśvara Modaka* is a great aphrodisiac *rasāyaṇa*. It provides strong sexual power to the sensuous persons thus making him loveable by the women filled with desires. It is suggested that the drug can enable one to attract and captivate such women. Moreover this is a great stimulating and invigourating drug.

Combined with a variety of *anupānas* it may cure a number of diseases including *urahakṣatah* and consumption, *kāsa* (coughs), severe cases of diarrhoea, bronchitis, piles, all kinds of *prameha* (i.e. urinary disorders including diabetes) and *grahaṇī*. It not only arouses passion in one's mind but it also keeps all the sense organs in comfortable position. Regular intake of this medicine makes the persons intelligent and wise. The children taking the drug become very energetic and stable in intellect. Taking the drug for one year regularly cures one from the effects of stroke. It also minimizes chances of getting a premature death due to sickness. It provides youthful vigour to the elderly. This medicine can be said to be the lion or king of the medicines. Therefore, it is fit to be taken by the royalty.

मदनमोदकः–

त्रैलोक्यविजयापत्रं सबीजं घृतभर्जितम् । समे शिलातले पश्चाच्चूर्णयेदतिचिक्कणम् ।।१६२।।
त्रिकटु त्रिफलाशृङ्गीकुष्ठधान्यकसैन्धवम् । शटी तालीशपत्रञ्च कट्फलं नागकेशरम् ।।१६३।।
अजमोदा यमानी च यष्टीमधुकमेव च । मेथी जीरकयुग्मञ्च गृहीत्वा श्लक्ष्णचूर्णितम् ।।१६४।।
यावन्त्येतानि चूर्णानि तावदेव तदौषधम् । तावदेव सिता देया यावदायाति बन्धनम् ।।१६५।।
घृतेन मधुना मिश्रं मोदकं परिकल्पयेत् । त्रिसुगन्धिसमायुक्तं कर्पूरेणाधिवासयेत् ।।१६६।।
स्थापयेद् घृतभाण्डे च श्रीमन्मदनमोदकम् । भक्षयेत्प्रातरुत्थाय वातश्लेष्मविनाशनम् ।।१६७।।
कासघ्नं सर्वशूलघ्नमामवातविनाशनम् । सर्वरोगहरो ह्येष संग्रहग्रहणीहरः ।।१६८।।
एतस्य सतताभ्यासाद् वृद्धोऽपि तरुणायते । ब्रह्मणः प्रमुखाच्छ्रुत्वा वासुदेवो जगत्पतौ ।।१६९।।
एष कामविवृद्ध्यर्थं नारदैः प्रतिपादितः । तेन लक्षं वरस्त्रीणां रेमे स यदुनन्दनः ।।१७०।।

162-170. Madana Modaka:

Ingredients: *Trailokya vijayā* along with its leaves and seeds, similiarly, *tṛikaṭu* herbs, *tṛiphalā* herbs, *śṛīngī*, *kuṣṭha*, *dhānyaka*, *saindhava* powder, *karcūra*, *tālīśa pātra*, *kaṭphala*, *nāgakeśara*, *ajamodā*, *yavānī*, *yaṣṭi*, *methikā*, both the varieties of *jīraka*, jaggery, cinnamon bark, smaller cardamom, cassia leaves, camphor, *ghṛitam* and honey.

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Process of Drug-Making: Fried powder of *trailokya vijayā* (taken along with its leaves and seeds) should be taken in quantity of 250 gm. and take 10 gm. each of *tṛikaṭu* herbs, *tṛiphalā* herbs, *śṛīngī*, *kuṣṭha*, *dhānyaka*, *saindhava* powder, *karcūra*, *tālīśa pātra*, *kaṭphala*, *nāgakeśara*, *ajamodā*, *yavānī*, *yaṣṭi*, *methikā*, both the varieties of *jīraka*. While the double quantity of jaggery should be added to the preparation. Cook it till it converts into a form of thick syrup. Then treat it with powders of cinnamon bark, smaller cardamom and cassia leaves each measuring 10 gm. and camphor also measuring 10 gm. To this, sufficient quantity of *ghṛitam* and honey should be added by which the powder can be made to *modaka*s (ball shape pills) each measuring 6 gm. These *modaka*s should be kept inside a jar smeared with *ghṛitam*.

Method of use/Administration: One *modaka* should be taken daily along with warm milk.

Therapeutic benefits: This medicinal ball removes coilc pain, *vāta roga*, *sangrahaṇī* and all kinds of ailments. By taking the medicine regularly, even an elderly can gain power and strength like a youth. The prescription was told to Kriṣṇa by Nārada who came to learn about the medicine from Brahmā. Using the drug made Kriṣṇa dear to thousands of women.

मेथीमोदकः–

त्रिकटुत्रिफलामुस्तजीरकद्वयधान्यकम् । कट्फलं पौष्करं शृङ्गी यमानी सैन्धवं बिडम् ।।१७१।।
तालीशकेशरं पत्रं त्वगेला च फलं तथा । जातीकोषं लवङ्गञ्च मुराकर्पूरचन्दनम् ।।१७२।।
यावन्त्येतानि चूर्णानि तावदेव तु मेथिका । संचूर्ण्य मोदकः कार्यः पुरातनगुडेन च ।।१७३।।
घृतेन मधुना किञ्चित् खादेदग्निबलं प्रति । अग्निञ्च कुरुते दीप्तं सामे मेदे महौषधम् ।।१७४।।
बलवर्णकरो ह्येष संग्रहग्रहणीहरः । प्रमेहान् विंशतिं हन्ति मूत्राघातं तथाऽश्मरीम् ।।१७५।।
पाण्डुरोगेतथाकासंयक्ष्माणंहन्तिकामलाम् ।स्तनौ च पतितौ गाढौ स्यातां तालफलोपमौ ।।१७६।।
दृष्टिप्रसादनञ्चैव नारीणाञ्चैव पुत्रदः । भाषितं कामदेवेन मेथीमोदकसंज्ञकः ।।१७७।।

171-177. Methi Modaka:

Ingredients: *Tṛikaṭu* and *tṛiphalā* herbs, *mustā*, white, black cumin seeds, coriander seeds, *kaṭphala*, *puṣkaramūla*, *karkaṭaśṛīngī*, caraway, rock salt, *viḍa lavaṇa*, *tāliśapātra*, *nāgkeśara*, cinnamon bark, smaller cardamom, *jātīphala*, *jātīkoṣa*, *murā mānsī*, camphor, white *candan* wood, powder of fenugreek (*methikā*), jaggery, honey and *ghṛitam*.

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Process of Drug-Making: Take 10 gm. measure each of the powder of the *tṛikaṭu* and *tṛiphalā* herbs, *mustā*, white and black cumin seeds, coriander seeds, *kaṭphala*, *puṣkaramūla*, *karkaṭaśṛingī*, caraway, rock salt, *viḍa lavaṇa*, *tāliśapātra*, *nāgkeśara*, cinnamon bark, smaller cardamom, *jātīphala*, *jātīkoṣa*, *murā mānsī*, camphor and white *candan* wood. Obtain the powder of fenugreek (*methikā*) measuring equal to the combined weight of the above drugs (i. e. 270 gm.) and jaggery double to that amount (1.80 kg.) as well as honey weighing a fourth part (i. e. 125 kg.). Also get *ghṛitam* in a quantity that is enough to triturate all the above ingredients (i.e. 125 gm.). Using both the hands mix all these ingredients thoroughly. Make ball shaped lumps each measuring 10 gm. out of the preparation and store it into a glass container.

Method of use/Administration: Considering the digestive power of the patient concerned 6-30 gm. measure of the medicine can be taken. The consumption of the medicine is to be followed by the drink of lukewarm milk.

Therapeutic benefits: This medicine is a great appetizer. As it develops fat it is a noted drug for prpomoting weight. It treats the disordered digestive system. It develops the strength and beauty of the body. It is also capable to treat variety of diseases such as *sangrahaṇī*, *prameha* (i.e. urinary disorders including diabetes), urinary problems (*muttraghāta*), stone (*aśmarī*), anemia (*pāṇḍu roga*), coughs (*kāsa*), consumption (*yakṣmā*) and jaundice (*kāmalā*). As a result of its regular use, the breasts of women get consolidated and shaped in a toughness that is similar to the fruit of a palm tree. This medicinal *modaka* purifies the eyesight as well as the humours of the generative systems of the males and females. The medicine enables the couples to produce male child. Kāmdeva himself has suggested this medicinal prescription.

बृहन्मेथीमोदकः–

त्रिफलाधान्यकं मुस्तं शुण्ठी मरिचपिप्पली । कट्फलं सैन्धवं शृङ्गी जीरकद्वयपुष्करम् ।।१७८।।
यमानी केशरं पत्रं तालीशं विडमेव च । जातीफलं त्वगेला च जयित्रीन्दुलवङ्गकम् ।।१७९।।
शतपुष्पा मुरामांसी यष्टीमधुकपद्मकम् । चव्यं मधुरिका दारु सर्वमेतत्समं भवेत् ।।१८०।।
यावन्त्येतानि चूर्णानि तावन्मात्रा तु मेथिका । सितया मोदकं कार्यं घृतमाध्वीकसंयुतम् ।।१८१।।
भक्षयेत्प्रातरुत्थाय यथादोषानुपानतः । हन्ति मन्दानलान् सर्वानामदोषं विशेषतः ।।१८२।।
महाग्निजननं वृष्यमामवातनिषूदनम् । ग्रहण्यर्शोविकारघ्नं प्लीहपाण्डुगदापहम् ।।१८३।।
प्रमेहान् विंशतिं हन्ति कासं श्वासञ्च दारुणम् । छर्द्यतीसारशमनं सर्वारुचिविनाशनम् ।।
मेथीमोदकनामेदं पतञ्जलिमुनेर्मतम् ।।१८४।।

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178-184. Bṛihanmethī Modaka :

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, corriander seeds, *mustā*, dried ginger, *marica*, pepper, *kaṭphala*, rock salt, *karkaṭśṛīngī*, white and black cumin seeds, *puṣkaramūla*, caraway seeds, *nāgakeśara*, *keśarapatra*, *tāliśapātra*, *viḍa* salt, *jaiphalā*, cinnamon barks, smaller cardamom, *jāvitri*, camphor, cloves, aniseeds, *murāmānsī*, *yaṣṭimadhu*, *padmaka*, *cavya*, *madhurikā*, *devadāru*, powder of the fenugreek (*methikā*), sugar, honey and *ghṛitam*.

Process of Drug-Making: Obtain 10 gm. measure powder each of the *haraḍa*, *vibhītaka*, *āmalakī*, corriender seeds, *mustā*, dried ginger, *marica*, pepper, *kaṭphala*, rock salt, *karkaṭśṛīngī*, white and black cumin seeds, *puṣkaramūla*, caraway seeds, *nāgakeśara*, *keśarapatra*, *tāliśapātra*, *viḍa* salt, *jaiphalā*, cinnamon barks, smaller cardamom, *jāvitri*, camphor, cloves, aniseeds, *murāmānsī*, *yaṣṭimadhu*, *padmaka*, *cavya*, *madhurikā* and *devadāru*. Obtain powder of the fenugreek (*methikā*) in measurement equal to the combined weight of the above drugs (i. e. 320 gm.), sugar measuring double that amount (1.280 kg.) and honey weighing a fourth part (i. e. 175 gm.). Also get *ghṛitam* in a quantity that is enough to triturate all the above ingredients (i.e. 175 gm.). Mix all the ingredients thoroughly and make ball shaped lumps each measuring 10 gm. out of the preparation.

Method of use/Administration: This medicinal ball (*modaka*) is to be taken in morning hours after regular washings and cleaning is done. The *anupānas* may be decided as per the condition of *doṣas* of the individual concerned.

Therapeutic benefits: This is a great appetizer and stimulant. It develops intense aphrodisiac capacity. Moreover this is a great drug to check such diseases as *vāta roga* (*āmvāta*), sprue symptoms (*grahaṇīvikāra*), piles (*arśovikāra*), enlargement of spleen (*plīhāvṛiddhi*), anemia (*pāṇḍu roga*), *prameha* (i.e. urinary disorders including diabetes), severe cases of coughs (*kāsa*), bronchitis (*śvāsa*), *chardi*, diarrhoea (*atisāra*), anorexia (*aruci*) and the like. This *Bṛihanmethī Modaka* has been propounded by great physician Pātanjalī.

मुस्तकादिमोदकः–

धान्यकंत्रिफलाभृङ्गं त्रुटिः पत्रं लवङ्गकम् । केशरं शैलजं शुण्ठीपिप्पलीमरिचानि च ।।१८५।।
जीरकंकृष्णाजीरञ्चयमानीकट्फलं जलम् । धातकीपुष्पकं व्याधिर्जातीकोषफलं त्वचम् ।।१८६।।
मधूरिका चाजमोदा हवुषं नागपर्ण्यपि । उग्रगन्धा शटी मांसी कुटजस्य फलं शुभा ।।१८७।।
एतानिश्लक्ष्णचूर्णानिकारयेत्कुशलो भिषक् । सर्वचूर्णसमं देयं जलदस्यापि चूर्णकम् ।।१८८।।

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सिता च द्विगुणा देया मोदकं परिकल्पयेत् । मन्दाग्निं शमयेदेतत्सरक्तां ग्रहणीं तथा ।।१८९।।
अतीसारं ज्वरं घोरं पाण्डुरोगं हलीमकम् । क्रिमिरोगं रक्तपित्तमर्शोरोगं सुदुर्जयम् ।।१९०।।
लोकानां गदशान्त्यर्थं भैरवेण प्रकाशितम् ।।१९१।।

185-191. Mustakādi Modaka :

Ingredients: Coriander seeds, *haraḍa*, *āmalakī*, *vibhītaka*, *bhṛingarāja*, cinnamon bark, smaller cardamom, *tejpatra*, cloves, *nāgakeśara*, *śila rasa*, dried ginger, *pippalī*, *marica*, white and black cumin seeds, caraway, *kaṭphala*, *hṛibera*, flowers of *dhātakī*, *kuṣṭha*, *jātīkoṣa*, *jāvitṛī*, *jātīphala*, cinnamon bark, *madhurikā*, *ajmodā*, *hapuṣa*, root or leaves of betel, *vacā*, *śaṭī*, *mānsī*, fruit of *kuṭaja*, *indrayava*, *śubha*, *mustā*, sugar, *ghṛitam* and honey.

Process of Drug-Making: Take 12 gm. measure powder each of the coriander seeds, *haraḍa*, *āmalakī*, *vibhītaka*, *bhṛingarāja*, cinnamon bark, smaller cardamom, *tejpatra*, cloves, *nāgakeśara*, *śila rasa*, dried ginger, *pippalī*, *marica*, white and black cumin seeds, caraway, *kaṭphala*, *hṛibera*, flowers of *dhātakī*, *kuṣṭha*, *jātīkoṣa*, *jāvitṛī*, *jātīphala*, cinnamon bark, *madhurikā*, *ajmodā*, *hapuṣa*, root or leaves of betel, *vacā*, *śaṭī*, *mānsī*, fruit of *kuṭaja*, *indrayava*, and *śubhā*. Obtain powder of the *mustā* in measurement equal to the combined weight of the above drugs (i. e. 350 gm.), sugar measuring double to the amount of all (1400 gm.). Mix all these ingredients thoroughly along with *ghṛitam* and honey and make ball shaped lumps each measuring 10 gm. out of the preparation.

Therapeutic benefits: This medicinal ball (*modaka*) is a great appetizer. It also treats well the indispositions related to *sangrahaṇī*, diarrhoea (*atisāra*), severe cases of fever (*jvara*), anemia (*pāṇḍu roga*), *halīmaka*, worm related ailments, *raktapitta*, piles (*arśovikāra*), and the like. To wipe out all the diseases from the world this medicinal ball has been prescribed by a great physician Bhairava by name.

कामेश्वरो मोदकः–

धात्रीसैन्धवकुष्ठकट्फलकणाशुण्ठीयमानीद्वयंयष्टीजीरकयुग्मधान्यकशटीशृङ्गीवचाकेशरम् ।
तालीशंत्रिसुगन्धिकसमरिचंपथ्याऽक्षमेभिः
समंचूर्णीकृत्य मनाक् स्वबीजसहितं भष्ट्वा तु शक्राशनम् ।।१९२।।
सर्वेषांद्विगुणांसितांसुविमलांयत्नाद्विषङ्निक्षिपेत्
क्षौद्रैश्चापि घृतैः प्रशस्तदिवसे कुर्याच्छुभान् मोदकान् ।
कर्पूरैरवचूर्णितानपिहितान्दत्त्वातिलान्भर्जितान्गोप्योऽयं
क्षितिमण्डले मितधियां पाखण्डिनामग्रतः ।।१९३।।
आधिव्याधिहरःक्षतक्षयहरःकुष्ठापहोबृंहणःस्त्रीणांतोषकरोमुखद्युतिकरःशुक्राग्निवृद्धिप्रदः ।

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कासश्वासबलासरोगनिचयप्रध्वंसनःप्राणिनांप्रोक्तोब्रह्मसुतेन सर्वसुखदःकामेश्वरो मोदकः ।।१९४।।
ग्रहगणपरिहीनः सर्वशास्त्रप्रवीणः कलितविमलकीर्त्तिः प्राप्तकन्दर्पमूर्त्तिः ।
विगतसकलभीतिर्गीतवाद्याङ्गनीतिर्भवति भुवि स देवो येन भुक्तः प्रयत्नात् ।।१९५।।
रहसि युवतिखेलासम्पुटाकर्षहर्षाद् गमयति युवतीनां केलिकौतूहलेन ।
यदि कथमपि भुक्तो भोजनादावथान्ते सुरतरभसमुच्चैर्नष्टकामं प्रकामम् ।।१९६।।
यस्मान्नव्यबृहस्पतिस्तनुधियायस्मात्सदावीर्यवान् तस्मादुन्मददाक्षिणात्ययुवतीसम्भोगकौतूहली ।
यस्मात्काव्यकुतूहलंसुकवितासंजायतेलीलयाश्रीमद्भिःप्रतिवासरंक्षितितले संसेव्यतां मोदकः ।।१९७।।

192-197. Kāmeśvara Modaka:

Ingredients: *Dhātrī*, rock salt, *kuṣṭha*, *kaṭphala*, *kaṇā*, *śunṭhī*, *yavānī*, *ajamodā*, *yaṣṭi*, *jīraka*, *dhānyaka*, *śaṭī*, *śṛīngī*, *vacā*, *keśara*, *tālīśa*, *tṛisugandhika herbs*, *marica*, *haraḍa*, *vibhītaka*, *ghṛita*-fried *vijayā*, jaggery, honey, camphor and black sesame.

Process of Drug-Making: Obtain 12 gm. measure each of *dhātrī*, rock salt, *kuṣṭha*, *kaṭphala*, *kaṇā*, *śunṭhī*, *yavānī*, *ajamodā*, *yaṣṭi*, *jīraka*, *dhānyaka*, *śaṭī*, *śṛīngī*, *vacā*, *keśara*, *tālīśa*, *tṛisugandhika herbs*, *marica*, *haraḍa* and *vibhītaka* along with *ghṛita*-fried *vijayā* powder measuring 300 gm. (i. e. equal to the weight of the above ingredients) and compounded jaggery measuring 1.100 kg. (i. e. equal to the double weight of all the above ingredients), 100 gm. of honey, 12 gm. each of the camphor and roasted black sesame. Combine all of them together and prepare pills measuring 10 gm. each. Preserve them in a glass jar properly.

Method of use/Administration: Take the pills daily along with milk. The prescription should not be disclosed before the unknowledgeable practitioners.

Therapeutic benefits: The medicine cures diseases like the *urahkṣata*, consumption and *kuṣṭha* (skin diseases including leprosy). The person using this recipe can satisfy ladies in sex act. The medicine promotes the glow of the face, strength and aphrodisiac power. It eliminates all kinds of cough-generated troubles like the bronchitis. The drug has been propounded by Nārada who is son of God *Brahmā*. Those who are regular user of the medicine is ever free from the danger of the malevolent celestial agencies like the *Navagrahas*, they become sharp in intellect, free from the attack of diseases, handsome like the God of lust, Kāmdeva. He also becomes very intelligent and champion in speech as well as singing and music.The medicine could be taken before or after taking meals. It equip one with great aphrodisiac power and art. It helps in the ejaculation of semen and in satisfying ladies who are well versed in art of sex. It also promotes

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the poetic quality of the users. This medicine should be used regularly by the great and powerful persons.

मुस्तकाद्यमोदकः–

त्रिकटु त्रिफला चित्रं लवङ्गं जीरकद्वयम् । यमान्यौ द्वे मधुरिका नागवल्लीदलं तथा ।।१९८।।
शतपुष्पा वरी धान्यं चातुर्जातं तथा तुगा । मेथी जातीफलं ग्राह्यं प्रत्येकं कर्षसम्मितम् ।।१९९।।
मुस्तकं षट्पलं देयं सिता च द्विगुणा मता । ग्रहणीं हन्त्यतीसारं मन्दाग्नित्वमरोचकम् ।।२००।।
अजीर्णमामदोषञ्च विसूचीमपि दारुणम् । पुष्टि देहस्य जनयेद्बलवर्णाग्निवृद्धिकृत् ।
वलीपलितदौर्बल्यं क्षपयेत् कृशतामपि ।।२०१।।

198-201. Mustkādya Modaka :

Ingredients: Dried ginger, *marica*, pepper, *haraḍa*, *vibhītaka*, *āmalakī*, root of *citraka*, cloves, white and black varieties of cumin seeds, *ajmodā*, caraway, *madhurikā*, *tambulpatra*, aniseeds, *śavari*, coriander seeds, cinnamon, smaller cardamom, cassia, *nāgakeśara*, *vanśalocana*, fenugreek, *jātīphala*, powder of *mustā*, sugar, *ghṛitam* and honey.

Process of Drug-Making: Obtain 12 gm. measure each of the powder of dried ginger, *marica*, pepper, *haraḍa*, *vibhītaka*, *āmalakī*, root of *citraka*, cloves, white and black varieties of cumin seeds, *ajamodā*, caraway, *madhurikā*, *tambulpatra*, aniseeds, *śavari*, coriander seeds, cinnamon, smaller cardamom, cassia, *nāgakeśara*, *vanśalocana*, fenugreek, *jātīphala* and 288 gm. powder of *mustā*, 1.150 kg. of sugar, 120 ml. of *ghṛitam* and 120 ml. of honey. Prepare *modaka* measuring 10 gm. each.

Therapeutic benefits: This medicinal ball (*modaka*) provides a great cure to *sangrahaṇī*, diarrhoea (*atisāra*), loss of digestive power (*mandāgni*), anorexia (*aruci*), dyspepsia (*ajīrna*), digestive problems (*āmadoṣa*), dysentery (*viṣūcīkā*), *vali* (problems caused due to being excessive fat) and *palita*. It is a great nutrient and is capable to remove away the leanness of the body. The medicine develops digestive power and beautifulness of the body.

जीरकादिमोदकः–

श्लक्ष्णचूर्णीकृतं जीरं पलाष्टकमितं शुभम् । तदर्द्धं विजयाबीजं भर्जितं वस्त्रपूतकम् ।।२०२।।
अयश्चूर्णं तथा वङ्गमभ्रकं कर्षमानतः । मधूरिका च तालीशं जातीकोषफले तथा ।।२०३।।
धान्यकंत्रिफला चैव चातुर्जातलवङ्गकम् । शैलेयं चन्दने द्वे च मांसी द्राक्षा शटी तथा ।।२०४।।
टङ्गणंकुन्दुरुर्यष्टी तुगा कक्कोलबालकम् । गाङ्गेरुस्त्रिकटुश्चैव धातकीबिल्वमर्जुनम् ।।२०५।।
शतपुष्पा देवदारु कर्पूरं सप्रियङ्गुकम् । जीरकं शाल्मलञ्चैव कटुका पद्मनालुके ।।२०६।।

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एषां कर्षसमंचूर्णंगृह्णीयात्कुशलो भिषक् । शर्करामधुनाऽऽज्येन मोदकञ्च विनिर्मितम् ।।२०७।।
खादेत्कर्षसमं तस्य प्रत्यहं प्रातरुत्थितः । शीततोयानुपानेन सर्वग्रहणिकां जयेत् ।।२०८।।
आमदोषावृते पित्ते वह्निमान्द्ये तथैव च । रक्तातिसारेऽतीसारे प्रयोज्यं विषमज्वरे ।।२०९।।
सशब्दं घोरगम्भीरं हन्ति सद्यो न संशयः । अम्लपित्तकृतं दोषमुदरं सर्वरूपिणम् ।।२१०।।
सर्वातिसारशमनं संग्रहग्रहणीं जयेत् । एकजं द्वन्द्वजञ्चैव दोषत्रयकृतं तथा ।।२११।।
विकारं कोष्ठजञ्चैव हन्ति शूकमरोचकम् । भाषितं वृष्णिनाथेन जन्तूनां हितकारणम् ।।२१२।।

202-212. Jirakādi Modaka :

Ingredients: Cumin seeds, powder of *vijayā* fried in *ghṛitam*, *lauha bhasma*, *vanga bhasma*, *abhraka bhasma*, aniseeds, *tāliśapātra*, *jātīkoṣa*, *jātīphala*, coriander seeds, *haraḍa*, *vibhītaka*, *āmalakī*, cinnamon, smaller cardamom, cassia, *nāgakeśara*, cloves, *śilārasa*, white and red varieties of sandalwood, *mānsī*, *drākṣā*, *śaṭī*, borax, *kundru* (a type of coriander), *yaṣṭi*, *vanśalocana*, *kakkola*, *netrabālā*, root of *nāgabalā*, dried ginger, bark of arjuna tree, aniseeds, *devadāru*, camphor, *priyangu*, cumin seeds, *śālmalī* (*mocrasa*), *kutki*, *padmaka*, *nāluka*, sugar, *ghṛitam* and honey.

Process of Drug-Making: Get 375 gm. measure of the cumin seeds that are fine powdered and half of that measure (187 gm.) of powder of *vijayā* fried in *ghṛitam*. Also obtain 12 gm. measure each of the *lauha bhasma*, *vanga bhasma*, *abhraka bhasma*, powders of the aniseeds, *tāliśapātra*, *jātīkoṣa*, *jātīphala*, coriander seeds, *haraḍa*, *vibhītaka*, *āmalakī*, cinnamon, smaller cardamom, cassia, *nāgakeśara*, cloves, *śilārasa*, white and red varieties of sandalwood, *mānsī*, *drākṣā*, *śaṭī*, borax, *kundru* (a type of coriander), *yaṣṭi*, *vanśalocana*, *kakkola*, *netrabālā*, root of *nāgabalā*, dried ginger, bark of arjuna tree, aniseeds, *devadāru*, camphor, *priyangu*, cumin seeds, *śālmalī* (*mocrasa*), *kutki*,*padmaka* and *naluka*. Obtain sugar measuring double to the amount of all (i.e. 1080 gm.). Mix all these ingredients thoroughly along with *ghṛitam* and honey (taken in amount of equal to a quarter of the sugar i.e. 140 ml.) and make ball shaped lumps (*modaka*) out of the preparation.

Method of use/Administration: This medicinal ball is to be taken in doses of 12 gm. in the morning hours after regular cleaning and washing are performed. After taking the medicine one should also drink cold water.

Therapeutic benefits: It treats well all types of *sangrahaṇī*. The medicine is effective also in checking digestive problems (*āmadoṣa*), loss of digestive power (*vahnimāndya*), diarrhoea in general and that associated with bleeding

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(*raktātisāra*), *viṣam jvara* as well as all types of indispositions arising out of disordered *doṣas*.

बृहज्जीरकादिमोदकः–

जीरकंकृष्णाजीरञ्चकुष्ठंशुण्ठीचपिप्पली ।मरिचं त्रिफला त्वक् च पत्रमेला च केशरम् ।।२१३।।
शुभालवङ्गंशैलेयंचन्दनं श्वेतचन्दनम् । काकोली क्षीरकाकोली जातीकोषफले तथा ।।२१४।।
यष्टी मधुरिका मांसीमुस्तं संचलकं शटी । धन्याकं देवताडञ्च मुरा द्राक्षा नखी तथा ।।२१५।।
शतपुष्पा पद्मकञ्च मेथी च सुरदारु च । सजलं नालुका चैव सैन्धवं गजपिप्पली ।।२१६।।
कर्पूरं वनिता चैव कन्दुखोटी समांशिकम् । लोहमभ्रकवङ्गानां द्विभागं तत्र दापयेत् ।।२१७।।
एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् । सर्वचूर्णसमं देयं भृष्टजीरस्य चूर्णकम् ।।२१८।।
सिता द्विगुणिता देया मोदकं परिकल्पयेत् । घृतेन मधुना मिश्रं मोदकञ्च भिषग्वरः ।।२१९।।
भक्षयेत्प्रातरुत्थाययथादोषं यथाबलम् । गव्यं सर्शकरं क्षीरं चानुपानं प्रयोजयेत् ।।२२०।।
अशीतिंवातजान्रोगांश्चत्वारिंशच्च पैत्तिकान् । सर्वांस्तान्नाशयत्याशु वृक्षमिन्द्राशनिर्यथा ।।२२१।।
नानावर्णमतीसारं विशेषादामसम्भवम् । शूलमष्टविधं हन्ति चार्शोरोगं चिरोद्भवम् ।।२२२।।
जीर्णज्वरञ्च सततं विषमज्वरमेव च । स्त्रीणाञ्चैवानपत्यानां दुर्बलानाञ्च देहिनाम् ।।२२३।।
पुष्पकृत् पुत्रकृच्चैव बलवर्णकरं परम् । सूतिकारोगमत्युग्रं नाशयेन्नात्र संशयः ।।२२४।।
प्रदरं नाशयत्याशु सूर्यस्तम इवोदितः । दाहं सर्वाङ्गिकञ्चैव वातपित्तोत्थितञ्च यत् ।
अयं सर्वगदोच्छेदी जीरकाद्यो हि मोदकः ।।२२५।।

213-225. Bṛihajjīrkādi Modaka :

Ingredients: White and black varieties of cumin seeds, *kuṣṭha*, dried ginger, pepper, *marica*, *haraḍa*, *vibhītaka*, *āmalakī*, cinnamon, cassia, smaller cardamom, *nāgakeśara*, *vanśalocana*, cloves, *śilārasa*, red and white varieties of sandalwood, *kakkoli*, *kṣīrakākolī*, *jātīkoṣa*, *jātīphala*, *yaṣṭi*, *madhurikā*, *jaṭāmānsī*, *mustā*, *sauvarcala*, *śaṭī*, coriander seeds, *devadālī*, *murā*, *drākṣā*, *nakhī*, aniseeds, *padamka*, fenugreek, *devadāru*, *sajala*, *nālada* (type of *uśīra* grass), rock salt, *gajapippalī*, camphor, *priyangu*, *kanḍukhoti* (an arometic herb or latex or *niryāṣa* of the plant *śallakī*), *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, fine powder of the cumin seeds fried in *ghṛitam*, sugar, honey and *ghṛitam*.

Process of Drug-Making: Obtain 12 gm. measure each of the white and black varieties of cumin seeds, *kuṣṭha*, dried ginger, pepper, *marica*, *haraḍa*, *vibhītaka*, *āmalakī*, cinnamon, cassia, smaller cardamom, *nāgakeśara*, *vanśalocana*, cloves, *śilārasa*, red and white varieties of sandalwood, *kakkoli*, *kṣīrakākolī*, *jātīkoṣa*, *jātīphala*, *yaṣṭi*, *madhurikā*, *jaṭāmānsī*, *mustā*, *sauvarcala*, *śaṭī*, coriander seeds, *devadālī*, *murā*, *drākṣā*, *nakhī*, aniseeds, *padamka*, fenugreek, *devadāru*, *sajala*, *nālada*, rock salt, *gajapippalī*, camphor, *priyangu*,

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kanḍukhoti (an arometic herb or latex or *niryāṣa* of the plant *śallakī*). Also get 23 gm. measure each of the *lauha bhasma*, *abhraka bhasma* and *vanga bhasma*. Obtain fine powder of the cumin seeds fried in *ghṛitam* in measurement equal to the combined weight of the above drugs (i. e. 600 gm.), sugar measuring double to the amount of all (2.400 kg.). Also take honey and *ghṛitam* each equalling one-fourth to the sugar (i.e. 150 ml.). Mix all these ingredients thoroughly along with *ghṛitam* and honey and make ball shaped lumps measuring 12 gm. each out of the preparation.

Method of use/Administration: This medicinal ball is to be taken in doses of one or half *modaka* (depending on the digestive power of the patient) in the morning hours after regular cleaning and washing are performed. After taking the medicine one should also drink cold water.

Therapeutic benefits: It treats well 80 types of *vāta roga*, 40 types of ailments related to vitiated *pitta*, all types of diarrhoea associated with stools of diverse colours, eight types of colic pain, chronic piles and chronic fever. It helps the issueless and non-menstruating women to bear male issues. It promotes their beauty and strength. It cures lycorrehea and burning sensation caused due to vitiated *vāta* and *pitta*.

अग्निकुमारमोदकः–

उशीरंबालकं मुस्तं त्वक् पत्रं नागकेशरम् । जीरद्वयञ्च शृङ्गी च कट्फलं पुष्करं शटी ।।२२६।।
त्रिकटु बिल्वकं धान्यं जातीफललवङ्गकम् । कर्पूरं कान्तलोहञ्च शैलजं वंशलोचना ।।२२७।।
एलाबीजं जटामांसी रास्ना तगरपादुकम् । समङ्गाऽतिबला चाभ्रं मुरा वङ्गं तथैव च ।।२२८।।
अस्य चूर्णसमा मेथी चूर्णार्द्धं विजयारजः । शर्करामधुसंयुक्तं मोदकं परिकल्पयेत् ।।२२९।।
एककर्षप्रमाणन्तु भक्षयेत्प्रातरुत्थितः । शीततोयानुपानेन आजेन पयसाऽथवा ।।२३०।।
ग्रहणीं दुस्तरां हन्ति श्वासं कासमतीव च । आमवातमग्निमान्द्यंजीर्णञ्च विषमज्वरम् ।।२३१।।
विबन्धानाहशूलञ्च यकृत्प्लीहोदराणि च । हन्त्यष्टादश कुष्ठानि ग्रहणीदोषनाशनः ।।२३२।।
उदावर्त्तगुल्मरोगोदरामयविनाशनः ।।२३३।।

226-233. Agnikumāra Modaka:

Ingredients: *Uśīra*, *netrabālā*, *mustā*, cinnamon barks, *tejpatra*, *nāgakeśara*, white and black varieties of cumin seeds, *śṛingī*, *kaṭphala*, *puṣkaramūla*, *śaṭī*, dried ginger, *marica*, pepper, seed-pulp of *bilva* fruit, coriander seeds, *jātīphala*, cloves, camphor, *kānta lauha bhasma*, *śilārasa*, *vanśalocana*, smaller cardamom, *mānsī*, *rāsnā*, *tagara*, *samangā*, root of *atibalā*, *abhraka bhasma*, *murāmānsī*,

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vanga bhasma, fine powder of the *methī* (fenugreek), *ghṛitam*-fried powder of *vijayā*, sugar, honey and *ghṛitam*.

Process of Drug-Making: Get 12 gm. measure each of the powder of *uśīra*, *netrabālā*, *mustā*, cinnamon barks, *tejpatra*, *nāgakeśara*, white and black varieties of cumin seeds, *śṛīngī*, *kaṭphala*, *puṣkaramūla*, *śaṭī*, dried ginger, *marica*, pepper, seed-pulp of *bilva* fruit, coriander seeds, *jātīphala*, cloves, camphor, *kānta lauha bhasma*, *śilārasa*, *vanśalocana*, smaller cardamom, *mānsī*, *rāsnā*, *tagara*, *samangā*, root of *atibalā*, *abhraka bhasma*, *murāmānsī* and *vanga bhasma*. Obtain fine powder of the *methī* (fenugreek) in measurement equal to the combined weight of the above drugs (i. e. 385 gm.), *ghṛitam*-fried powder of *vijayā* measuring 193 gm. and compounded sugar measuring equal (1.125 kg.) or double to the amount of all. Also take honey and *ghṛitam* equaling one-fourth to the sugar (142 gm. each). Mix all these ingredients thoroughly along with *ghṛitam* and honey and make ball shaped lumps measuring 10 gm. each out of the preparation.

Method of use/Administration: This medicinal ball is to be taken in doses of 12 gm. in the morning hours after regular cleaning and washing are performed. After taking the medicine one should also drink cold water or *śṛītaśīta* water or nature-warm goat milk.

Therapeutic benefits: This medicinal ball treats well difficult types of sprue (*grahaṇī*), bronchitis (*śvāsa*), coughs (*kāsa*), *vāta roga* (*āmvāta*), weak digestion (*agnimāndya*), chronic fever (*jīrṇa jvara*), *viṣam jvara*, constipation (*vibandha*), *ānāha*, colic pain (*śūla*), enlargement of liver (*yakratvṛiddhi*), enlargement of spleen (*plīhā*), problems related to gastro intestinal tract (*udara roga*), skin diseases (*kuṣṭha*), sprue (*grahaṇī vikāra*), *udāvarta* and *gulma* and the like.

हंसपोट्टलीरसः–

दग्धान्कपर्दकान्पिष्ट्वात्र्यूषणंटङ्गणं विषम् । गन्धकं शुद्धसूतञ्च तुल्यं जम्बीरजैर्द्रवैः ।।२३४।।
मर्दयेद् भक्षयेन्माषं मरिचार्द्रं लिहेदनु । निहन्ति ग्रहणीरोगं पथ्यं तक्रौदनं हितम् ।।२३५।।

234-235. Hasmsa Pottalī Rasa:

Ingredients: *Bhasmas* of *kapardaka*, *tryūṣṇa* herbs, *tañkaṇa*, *viṣa*, *gandhaka*, and purified *sūta* (*pārada*) and juice of *jambīra*.

Process of Drug-Making: Get 12 gm. measure each of the *bhasmas* of *kapardaka*, *tryūṣṇa* herbs, *tañkaṇa*, *viṣa*, *gandhaka* and *sūta*. Prepare *kajjalī* out of

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the *sūta* and *gandhaka* and mix the rest into it. Triturate the compound along with the juice of *jambīra* and prepare pills in doses of 60 mg. each.

Method of use/Administration: One pill of the medicine is to be taken daily. Following this the user should lick honey measuring 12 gm. and treated with the ginger-juice and powder of black pepper both measuring 500 mg. each. The patient should take curd-rice to eat.

Therapeutic benefits: This medicine cures sprue-syndrome.

(*Śārangadhar Samhitā*)

ग्रहणीकपर्दपोट्टलीरसः–

कपर्दतुल्यंरसकन्तुगन्धकंलौहंमृतंटङ्गणकञ्चतुल्यकम् ।
जयारसेनैकदिनं विमर्द्य चूर्णेन संवेष्ट्य पुटेच्च भाण्डे ।।
ददीत तत्पोट्टलिकाभिधानांवातप्रधानां ग्रहणीनिवृत्त्यै ।।२३६।।

236. Grahaṇī Kaparda Poṭṭalī Rasa:

Ingredients: *Bhasma* of *kaparda*, *tañkaṇa*, purified *pārada*, purified *gandhaka* and juice of *jayantī* or *vijayā*.

Process of Drug-Making: Obtain in equal parts of the *bhasma* of *kaparda*, *tañkaṇa*, purified *pārada* and purified *gandhaka*. First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it the rest of the ingredients. This mixture should be triturated with the juice of *jayantī* or *vijayā*. Process the preparation through mortar for one day and place it into the *śarāva saṁpuṭa* (an earthen pot) and seal it with a cover jointed with the *kalka* of lime powder and jaggery. Cook this preparation for three hours using a *Bālukā Yañtra* (A pot that is filled with sand. The earthen pot is placed inside it, covered by sand from all sides.) When the process is completed remove out the ingredients from the pot and prepare a fine powder out of them.

Method of use/Administration: The medicine is to be taken in doses of 250-500 mg.

Therapeutic benefits: This a great recipe for the *sangrahaṇī* caused due to *vāta* disorder.

(*Rasendra Sār Sangraha*)

अग्निकुमारो रसः–

रसं गन्धं विषं व्योषं टङ्गणं लौहभस्मकम् । अजमोदाहिफेनञ्च सर्वतुल्यं मृताभ्रकम् ।।२३७।।

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चित्रकस्य कषायेण मर्दयेद्याममात्रकम् । मरिचाभां वटीं खादेदजीर्णं ग्रहणीं तथा ।।२३८।।
नाशयेन्नात्र सन्देहो गुह्यमेतच्चिकित्सितम् । आमदोषं हरेच्छीघ्रं रसश्चाग्निकुमारकः ।।२३९।।

237-239. Agnikumāra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa*, dried ginger, *marica*, pepper, purified borax, *lauha bhasma*, *ajmodā*, opium, *abhraka bhasma* and decoction of *citraka* roots.

Process of Drug-Making: Take 10 gm. measure each of the purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa*, dried ginger, *marica*, pepper, purified borax, *lauha bhasma*, *ajmodā*, opium and *abhraka bhasma* measuring combined weight of the all (i. e. 100 gm.). First prepare *kajjalī* out of the *pārada* and *gandhaka*. Dissolve the opium into water measuring 48 ml. and mix it into the *kajjalī* and the rest of ingredients. Process the preparation through mortar for three hours. Mortar the preparation again for three hours along with decoction of *citraka* roots so that it gets triturated. Finally make pills measuring the size of a *marica* fruit.

Method of use/Administration: Take one pill daily along with cold water.

Therapeutic benefits: This medicine is used to cure dyspepsia, *grahaṇī* and disordered digestion.

(*Rasendra Sār Sangraha*)

ग्रहणीकपाटो रसः स्वल्पः (प्रथमः)–

दरदं गन्धपाषाणं तुगाक्षीर्यहिफेनकम् । तथा वराटिकाभस्म सर्वं क्षीरेण मर्दयेत् ।।२४०।।
रक्तिकायुग्ममानेन छायाशुष्कां वटीं चरेत् । ग्रहणीं विविधां हन्ति रक्तातीसारमुल्बणम् ।।२४१।।

240-241. Grahaṇīkapāṭa Rasa (Svalpa) (First Recipe):

Ingredients: *hiñgula*, *gandhaka*, *vanśalocana*, opium, *varāṭikā bhasma* and goat's milk.

Process of Drug-Making: Obtain 12 gm. measure each of the *hiñgula*, *gandhaka*, *vanśalocana*, opium, and *varāṭikā bhasma*. First prepare *kajjalī* out of the *pārada* and *gandhaka*. Dissolve the opium into water measuring 48 ml. and the mix the *kajjalī* and the rest of ingredients into it. Process the preparation through mortar for three hours. Mortar the preparation again for three hours along with goat's milk so that it gets triturated. Finally make pills measuring 250 gm. each.

Method of use/Administration: Take one pill daily along with cold water.

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Therapeutic benefits: This medicine is used to cure *sangrahaṇī* and sever cases of *raktātisāra*.

ग्रहणीकपाटो रसः (द्वितीयः)–

रसगन्धकयोश्चापि जातीफललवङ्गयोः । प्रत्येकं शाणमानञ्च श्लक्ष्णचूर्णीकृतं शुभम् ।।२४२।।
सूर्यावर्त्तरसेनैव बिल्वपत्ररसेन च । शृङ्गाटकस्य पत्राणां रसैः प्रत्येकशः पलैः ।।२४३।।
चण्डातपेन संशोष्य वटिकां कारयेद्भिषक् । बिल्वपत्ररसेनैव दापयेद्रक्तिकाद्वयम् ।।२४४।।
दध्ना च भोजनीयञ्च ग्रहणीरोगनाशनः । पाण्डुरोगमतीसारं शोथं हन्ति तथा ज्वरम् ।।
ग्रहणीकपाटनामा रसः परमदुर्लभः ।।२४५।।

242-245. Grahaṇīkapāṭa Rasa (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *jātīphala*, cloves, juices of *sūryāvarta*, *bilvapatra*, *śṛīngāṭaka* and juice of *bilva* leaves.

Process of Drug-Making: Get 50 gm. measure each of the purified *pārada*, purified *gandhaka*, *jātīphala* and cloves. First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it rest of the ingredients. Prepare a fine powder of the mix and process it through mortar under the hot sun using the juices of *sūryāvarta*, *bilvapatra* and *śṛīngāṭaka* in succession. Finally make out of the preparation pills measuring 250 mg. each and dry them under shadow.

Method of use/Administration: One pill of the medicine is to be taken along with the juice of *bilva* leaves. If the patient feels hungry after taking the medicine he should be given curd and cooked rice as meals.

Therapeutic benefits: This recipe is a great medicine for *sangrahaṇī*, anemia (*pāṇḍu roga*), diarrhoea (*atisāra*), *śotha* and fever.

(*Rasendra Sār Sangraha*)

ग्रहणीकपाटो रसः (तृतीयः)–

श्वेतसर्ज्जस्य शुद्धस्य गन्धकस्य रसस्य च । शुभेऽह्नि पृथगादाय चूर्णं माषचतुष्टयम् ।।२४६।।
एकीकृत्यशिलाखल्लेदद्यात्तेषांतदा रसम् । सूर्यावर्त्तस्य बिल्वस्य शृङ्गाटस्य च पत्रजम् ।।२४७।।
प्रत्येकं पलमेकैकं दापयेद् ग्रहणीगदे । दापयित्वा ततो यत्नाद् दधिभक्तं समाचरेत् ।।२४८।।
असंवृतगुदद्वारं कपाटमिव ढक्वयेत् । अतश्च ग्रहणीरोगे कपाटोऽयं रसः स्मृतः ।।२४९।।

246-249. Grahaṇīkapāṭa Rasa (Third Recipe):

Ingredients: *Śveta sarjja*, purified *gandhaka*, purified *pārada*, juice of *sūryāvrata*, juices of *bilva* and *śṛīngāṭaka* plants.

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Process of Drug-Making: Get 50 gm. measure each of the *śveta sarjja*, purified *gandhaka* and purified *pārada*. First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix the rest of ingredients into it. Compound the preparation thoroughly and mortar it along with the juice of *sūryāvrata* measuring 48 ml. under the hot sun. Subsequently, mortar it using the juices of *bilva* and *śṛīngāṭaka* plants separately. Prepare pills measuring 250 mg. each.

Method of use/Administration: Along with the juice of *bilva* leaves and honey this medicine is to be taken in cases of *grahaṇī*. If the patient feels hungry after taking the medicine he should be served with curd and cooked rice as meals.

Therapeutic benefits: This medicine closes the mouth of anus as effectively as a door is closed in a house. That is why this has been named like this (the term *Kapāṭa*, meaning a door.)

(*Ras Candānśu*)

ग्रहणीकपाटो रसः (चतुर्थः)–

गिरिजाभवबीजकज्जलीपरिमर्द्यार्द्ररसेन शोषिता ।
कुटजस्य तु भस्मना पुनर्द्विगुणेनाथ विमर्द्य मिश्रिता ।।२५०।।
मर्दयित्वा प्रदातव्यमस्य गुञ्जाचतुष्टयम् । अजाक्षीरेण दातव्यं क्वाथेन कुटजस्य वा ।।२५१।।
यूषो देयो मसूरस्य वारिभक्तञ्च शीतलम् । दध्ना सह पुनर्देयं ग्रासादौ रक्तिकाद्वयम् ।।२५२।।
वर्द्धयेद्दशपर्यन्तं ह्रासयेत् क्रमशस्तथा । निहन्ति ग्रहणीं सर्वां विशेषात् कुक्षिमार्दवम् ।।२५३।।

251-253. Grahaṇīkapāṭa Rasa (Fourth Recipe):

Ingredients: *Gandhaka* (*girijābīja*), *bhavabīja* (*pārada*), juice of ginger and *bhasma* of the barks of *kuṭaja* (obtained through burning it through *antahpuṭa* method).

Process of Drug-Making: Take 50 gm. measure each of the *gandhaka* (*girijābīja*) and *bhavabīja* (*pārada*) and prepare *kajjalī* out of them. Process it through mortar using the juice of ginger and dry the preparation. Add to it the 200 gm. of *bhasma* of the barks of *kuṭaja* (obtained through burning it through *antahpuṭa* method) and compound the mix for three hours.

Method of use/ Administration and Therapeutic benefits: This medicine is to be taken in doses of 50 ml. along with goat's milk or decoction of *kuṭaja*. If the patient feels hungry after taking the medicine he should be served with *yūṣa* of lentil, curd and cooked rice as meals. He should drink cold water. First day the medicine should be taken in doses of 250 mg. along with curd and cooked rice.

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Gradually increase the dose up to 1250 mg. After that decrease the doses gradually till 250 mg. Taken in this manner this medicine cures *sangrahaṇī* and makes the effected limbs soft.

(*Rasendra Sār Sangraha*)

ग्रहणीकपाटो रसः (पञ्चमः)–

टङ्कणक्षारगन्धाश्मरसं जातीफलं तथा । बिल्वं खदिरसारञ्च जीरकं श्वेतधूनकम् ।।२५४।।
कपिहस्तबीजञ्च तथैव बकपुष्पकम् । एषां शाणं समादाय श्लक्ष्णचूर्णानि कारयेत् ।।२५५।।
बिल्वपत्रककार्पासफलं शालिञ्चदुग्धिका । शालिञ्चमूलं कुटजत्वचः कञ्चटपत्रकम् ।।२५६।।
सर्वेषां स्वरसेनैव वटिकां कारयेद् भिषक् । रक्तिकैकप्रमाणेन भक्षयेद्दिवसत्रयम् ।।२५७।।
दधिमस्तु ततः पेयं पलमात्रप्रमाणतः । अपि योगशताक्रान्तां ग्रहणीमुद्धतां जयेत् ।।२५८।।
आमशूलंज्वरंकासं श्वासं शोथं प्रवाहिकाम् । रक्तस्रावकरं द्रव्यं कार्यं नैवात्र युक्तितः ।।२५९।।
कृष्णवार्त्ताकुमत्स्यञ्च दधितक्रञ्च शस्यते । मत्वा वायोः कृतिं तत्र तैलं वारि प्रदापयेत् ।।२६०।।

254-260. Grahaṇīkapāṭa Rasa (Fifth Recipe):

Ingredients: Purified borax, *yavakṣāra*, purified *gandhaka*, purified *pārada*, *jātīphala*, seed pulp of the *bilva* fruit, *khadira*, white cumin seeds, flowers of *agastya* plant, juices of *bilva* leaves, *śāli* leaves, *dugdhikā* (leaves), roots of *śāli* plant, leaves of *jalapippala* and decoction of bark of *kuṭaja* plant in succession.

Process of Drug-Making: Take one *śāṇa* (4 gm.) measure each of the purified borax, *yavakṣāra*, purified *gandhaka*, purified *pārada*, *jātīphala*, seed pulp of the *bilva* fruit, *khadira*, white cumin seeds and flowers of *agastya* plant. First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it rest of the ingredients. Prepare a fine powder of the mix and process it through mortar using the juices of *bilva* leaves, *śāli* leaves, *dugdhikā* (leaves), roots of *śāli* plant, leaves of *jalapippala* and decoction of bark of *kuṭaja* plant in succession. Finally make out of the preparation pills measuring one *raktikā* (i.e. 125 mg.) each and dry them under shadow.

Method of use/Administration: One pill of the medicine is to be taken for three consecutive days. After taking the medicine one should drink the water obtained from the upper layers of curd. The patient should be served with vegetables of brinjal, fishes, curd and buttermilk as meals. If the *vāta doṣa* is vitiated beyond a limit the patient should take warm water and apply massage on his body taking the oils that contain anti-*vāta* properties.

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Therapeutic benefits: The medicine is capable to cure one from the cases of *sangrahaṇī* that has not been cured even after taking a number of drugs. It also cures one from such indispositions as the colic pain, fever, *kāsa* (coughs), breathing troubles, *śotha* and dysentery.

ग्रहणीवज्रकपाटरसः–

सूतं गन्धं यवक्षारं जयन्त्युग्राऽभ्रटङ्गणम् । जयन्तीभृङ्गजम्बीरद्रवैः पिष्ट्वा दिनत्रयम् ।।२६१।।
यामार्द्धं गोलकं स्वेद्यं मन्देन पावकेन च । शीते जयारससमैः शाल्मलीविजयाद्रवैः ।।२६२।।
भावयेत्सप्तधा वज्रकपाटः स्याद्रसोत्तमः । माषद्वयं त्रयं वाऽस्य मधुना ग्रहणीं जयेत् ।।२६३।।

261-263. Grahaṇīvajrakapāṭa Rasa:

Ingredients: Purified *pārada*, *gandhaka*, *yavakṣāra*, *jayantī*, *vacā*, *abhraka bhasma*, borax, juices of *jayantī* leaves, *bhṛingarāja* leaves, *jambīra* lemon, juice of *jayantī*, roots of *śālmalī* (cotton silk tree) and *vijayā* leaves.

Process of Drug-Making: Get 12 gm. measure each of the purified *pārada*, *gandhaka*, *yavakṣāra*, *jayantī*, *vacā*, *abhraka bhasma* and borax. First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it rest of the ingredients. Prepare a fine powder of the mix and process it through mortar for whole day using the juices of *jayantī* leaves, *bhṛingarāja* leaves and *jambīra* lemon in succession. Following that cook the lump of this preparation on a slow heat and once it is cooked allow it to get cool. Thereafter get fine powder out of the lump and mortar the powder thus obtained through juice of *jayantī*, roots of *śālmalī* (cotton silk tree) and *vijayā* leaves. Repeat this process for seven terms and see that each of the liquids used get triturated during the process.

Method of use/Administration: This medicine is to be taken in doses that is measuring 125 mg. It is taken along with honey measuring 6 gm.

Therapeutic benefits: This is a great medicine to check *grahaṇī*. The medicine is capable to cure one from the cases of *sangrahaṇī*.

(*Rasendra Sār Sangraha*)

ग्रहणीवज्रकपाटो रसः (बृहद्)–

तारमौक्तिकहेमानि सारश्चैकैकभागिकम् । द्विभागो गन्धकः सूतस्त्रिभागो मर्दयेदिमान् ।।२६४।।
कपित्थस्वरसैर्गाढं मृगशृङ्गे ततः क्षिपेत् । पुटेन्मध्वपुटेनैव तत उद्धृत्य मर्दयेत् ।।२६५।।
बलारसैः सप्तधैवमपामार्गरसैस्त्रिधा । लोध्रप्रतिविषामुस्तधातकीन्द्रयवामृताः ।।२६६।।

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प्रत्येकमेतत्स्परसैर्भावना स्यात् त्रिधा त्रिधा । माषगात्रो रसो देयो मधुना मरिचैस्तथा ।।२६७।।
हन्ति सर्वानतीसारान् ग्रहणीं सर्वजामपि । कपाटो ग्रहणीरोगे रसोऽयं वह्निदीपनः ।।२६८।।

264-268. Grahaṇīvajrakapāṭa Rasa (Bṛihad):

Ingredients: *Rajata bhasma*, *muktā bhasma*, *svarṇa bhasma*, *lauha bhasma*, purified *gandhaka*, *pārada*, juice or decoction of *khadira* leaves, decoction of the roots of *balā* plant (if fresh plant is available one can use juice of the *pañcānga* of *balā*), juices of roots of *apāmārga*, decoctions of the *lodhra*, *ativiṣā*, *mustā*, *dhātakī* flowers, *indrayava* and *guḍūcī*.

Process of Drug-Making: Take 10 gm. measure each of the *rajata bhasma*, *muktā bhasma*, *svarṇa bhasma* and *lauha bhasma*, 20 gm. measure of the purified *gandhaka* and 30 gm. of *pārada*. First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it rest of the ingredients. Process the compound through mortar for three hours using the juice or decoction of *khadira* leaves. Following that put the lump of this preparation inside a deer-horn and place the same into a *śarāva saṁpuṭa*. This *saṁpuṭa* is to be cooked through *gajapuṭa* method. Once it is cooked allow it to cool down to atmospheric temperature. Thereafter get fine powder out of the lump as well as the deer's horn. Mortar the powder thus obtained along with 48 ml. measure of decoction of the roots of *balā* plant. Following that, process the compound through mortar up to saturation point using 48 ml. measures each of the following: the juices of roots of *apāmārga*, decoctions of the *lodhra*, *ativiṣā*, *mustā*, *dhātakī* flowers, *indrayava* and *guḍūcī*. The entire process and use of the all these liquids is to be repeated thrice.

Method of use/Administration: This medicine is to be taken in a quantity that is measuring 60 mg. to 125 mg. It is taken twice daily along with honey measuring 12 gm. and powder of *marica* measuring 3 gm.

Therapeutic benefits: The medicine is capable to cure one from all kinds of diarrhoea and *sangrahaṇī*. It is also a great appetizer.

(*Śārangadhar Samhitā*)

सङ्ग्रहग्रहणीकपाटो रसः–
मुक्ता सुवर्णं रसगन्धटङ्कमभ्रं कपर्दोऽमृततुल्यभागः ।
सर्वैः समं शङ्खकचूर्णमिष्टंखल्ले च भाव्योऽतिविषाद्रवेण ।।२६९।।
गोलञ्च कृत्वा मृदुकर्पटस्थं सम्पाच्य भाण्डे दिवसार्द्धकञ्च ।

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सर्वाङ्गशीतो रस एष भाव्योधुस्तूरवह्न्योर्मुषलीद्रवैश्च ।।२७०।।
लौहस्य पात्रे परिभावितश्च सिद्धो भवेत्सङ्ग्रहणीकपाटः ।
वातोत्तरायां मरिचाज्ययुक्तः पित्तोत्तरायां मधुपिप्पलीभिः ।।२७१।।
कफोत्तरायां विजयारसेन कटुत्रयेणाज्ययुतो ग्रहण्याम् ।
क्षयज्वरे चार्शसि षट्प्रकारे मान्द्यातिसारारुचिपीनसेषु ।।२७२।।
मेहे च कृच्छ्रे गतधातुवर्द्धने गुञ्जाद्वयं चापि महामयघ्नम् ।।२७३।।

269-273. Sangrahaṇīkapāṭa Rasa:

Ingredients: *Muktā bhasma*, *svarṇa bhasma*, purified *pārada*, purified *gandhaka*, purified borax, *abhraka bhasma*, *karpada bhasma*, purified *vatsnābha viṣa*, *śankha bhasma*, decoction of *ativiṣā*, juices of roots of *vijayā* and *citraka* and juice or decoction of *muśalī*.

Process of Drug-Making: Get 12 gm. measure each of the *muktā bhasma*, *svarṇa bhasma*, purified *pārada*, purified *gandhaka*, purified borax, *abhraka bhasma*, *karpada bhasma*, purified *vatsnābha viṣa* and *śankha bhasma* equal to the combined weight (i. e. 96 gm.) of the above. First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it rest of the ingredients. Thoroughly compound them and processing the mix through mortar along with the decoction of *ativiṣā* make a lump out of it. Wrap the lump with a piece of thin cotton and place it inside a *śarāva saṁpuṭa* (a medicinal pot) and close the pot with cover sealed through with pieces of cloth wet in mud. Cook this preparation for six hours using *Bālukā Yañtra* (a pot that is filled with sand. The medicinal pot is placed inside it, covered by sand from all sides.) When the process is completed remove out the ingredients from the pot and prepare a fine powder out of them.

Following that process the powder through an iron mortar along with the juices of roots of *vijayā* and *citraka* and juice or decoction of *muśalī*. Prepare pills measuring two *raktikās* (=250 mg.) each and dry them under shadow.

Method of use/ Administration and Therapeutic benefits: In cases of *grahaṇī* dominated by the disordered *vāta*, this medicine is to be taken in doses of 125 mg. along with *marica* powder measuring 1 gm. and *ghṛitam* (6 gm.). In cases of *grahaṇī* dominated by the disordered *pitta*, this medicine is to be taken in doses of 125 mg. along with *marica* powder measuring 250 mg. and honey (6 gm.). In cases of *grahaṇī* dominated by the disordered *kapha*, the medicine is to be taken in doses of 125 mg. along with *tṛikaṭu* powder measuring 2 gm. and *ghṛitam* (6 gm.).

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Apart from the cases of *sangrahaṇī* the medicine can be used along with different *anupānas* in cases of fever caused due to consumption, piles, loss of digestive power, diarrhoea, anorexia, sinus, *prameha* (i.e. urinary disorders including diabetes) and retention of urine.

(*Rasendra Sār Sangraha*)

ग्रहणीगजेन्द्रवटिका–

रसगन्धकलोहानि शङ्खटङ्गणरामठम् । शटीतालीशमुस्तानि धान्यजीरकसैन्धवम् ।।२७४।।
धातक्यतिविषा शुण्ठी गृहधूमो हरीतकी । भल्लातकं तेजपत्रं जातीफललवङ्गके ।।२७५।।
त्वगेला बालकं बिल्वं मेथी शक्राशनस्य च । रसैः संमर्द्य वटिका रसवैद्येन कारिता ।।२७६।।
गहनानन्दनाथेन भाषितेयं रसायने । ग्रहणीगजेन्द्रसंज्ञेयं श्रीमता लोकरक्षणे ।।२७७।।
ग्रहणींविविधां हन्ति ज्वरातीसारनाशिनी । शूलगुल्माम्लपित्तांश्च कामलाञ्च हलीमकम् ।।२७८।।
बलवर्णाग्निजननी सेविता च चिरायुषे । कण्डूं कुष्ठं विसर्पञ्च गुदभ्रंशं कृमि जयेत् ।।२७९।।
माषद्वयांवटींखादेच्छागीदुग्धानुपानतः । वायोऽग्निबलमावीक्ष्य युक्त्या वा त्रुटिवद्धनम् ।।२८०।।

278-280. Grahaṇīgajendra Vaṭika :

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *śankha bhasma*, purified borax, asafoetida (fried into *ghṛitam*), *śaṭī*, *tāliśapatra*, *mustā*, coriander seeds, cumin seed, rock salt, flowers of *dhātakī*, *ativiṣā*, dried ginger, smoke deposits gathered from kitchen, *haraḍa*, purified *bhallātaka*, *tejpatra*, *jātīphala*, cloves, cinnamon, smaller cardamom, *sugandhabālā*, seed pulp of *bilva* fruit, *methī* (fenugreek) and juice of *vijayā*.

Process of Drug-Making: Obtain 12 gm. measure each of the powder of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *śankha bhasma*, purified borax, asafoetida (fried into *ghṛitam*), *śaṭī*, *tāliśapatra*, *mustā*, coriander seeds, cumin seed, rock salt, flowers of *dhātakī*, *ativiṣā*, dried ginger, smoke deposits gathered from kitchen, *haraḍa*, purified *bhallātaka*, tej*patra*, *jātīphala*, cloves, cinnamon, smaller cardamom, *sugandhabālā*, seed pulp of *bilva* fruit and *methī* (fenugreek). First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it rest of the ingredients. Thoroughly compound them and process the mix through mortar along with the juice of *vijayā* for three hours. Make pills out of that measuring 375 mg. each and dry them under shadow.

Method of use/Administration: Depending on the strength and digestive power of the patients the drug can be taken in doses of 2 gm. along with goat's milk. One should increase the doses of the medicine by 125 mg. every day. During

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the period of medication the patient should be served with cooked rice along with buttermilk or curd.

Therapeutic benefits: For the benefit of mankind this medicine has been propounded by the great physician Gahanānanda. This is a great medicine to cure such diseases as the *grahaṇīvikāra*, fever (*śangkha*); diarrhoea (*atisāra*), diarrhoea combined with fever (*jvarātisāra*), colic pain (*śūla*), *gulma*, *āmlapitta*, jaundice (*kāmalā*), *halīmaka*, *kanḍu*, skin diseases (*kuṣṭha*), *visarpa*, *guḍabhranśa*, and worm infestation (*kṛimijanya roga*).

ग्रहणीशार्दूलरसः–

रसगन्धकयोश्चापिकर्षमेकं सुशोधितम् । द्वयोः कज्जलिकां कृत्वा हाटकं षोडशांशतः ।।२८१।।
लवङ्गं निम्बपत्रञ्च जातीकोषफले तथा । एतेषां कर्षचूर्णेन सूक्ष्मैलां सह मेलयेत् ।।२८२।।
मुक्तागृहे लु संस्थाप्य पुटपाकेन साधयेत् । गुञ्जापञ्चप्रमाणेन प्रत्यहं भक्षयेन्नरः ।।२८३।।
सूतिकां ग्रहणीरोगं हरत्येष सुनिश्चितम् । अर्शघ्नो दीपनश्चैव बलपुष्टिप्रसाधनः ।।२८४।।
कासश्वासातिसारघ्नो बलवीर्यकरः परः । संग्रहग्रहणीरोगं चामशूलञ्च नाशयेत् ।।
संसारलोकरक्षार्थं पुरा रुद्रेण भाषितः ।।२८५।।

281-285. Grahaṇīśārdūla Rasa :

Ingredients: Purified *pārada*, *gandhaka*, *svarṇa bhasma*, powder of cloves, *nimbapatra*, *jātīkoṣa*, *jātīphala* and smaller cardamom.

Process of Drug-Making: Obtain 6 gm. measure each of the purified *pārada* and *gandhaka* and prepare *kajjalī* out of them. Add to the *kajjalī*, *svarṇa bhasma* measuring 750 gm. and 12 gm. measure each of the powder of cloves, *nimbapatra*, *jātīkoṣa*, *jātīphala* and smaller cardamom. Cook the preparation by processing it through *laghu puṭa* method.

Method of use/Administration: One should take this medicine daily in doses of 625 mg.

Therapeutic benefits: This is a very effective medicine so far as treatment of indispositions related to delivery, *grahaṇī*, piles, loss of digestive power, *kāsa* (coughs), breathing troubles, diarrhoea and colic pain is concerned. God Mahādeva has suggested this medicine for the benefit of mankind.

ग्रहणीशार्दूलवटिका–

जातीफलं देवपुष्पमजाजीकृष्ठटङ्कणम् । विडं त्वगेला धुस्तूरं फणिफेनं समं समम् ।।२८६।।
प्रसारणीरसेनैव संमर्द्य वटिका कृता । यथादोषानुपानेन सेविता ग्रहणीं हरेत् ।।२८७।।

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नानावर्णमतीसारं दारुणाञ्च प्रवाहिकाम् । इयं ग्रहणीशार्दूलवटिका ग्राहिणी परम् ।।२८८।।

286-288. Grahaṇīśārdūla Vaṭikā:

Ingredients: Powder of *jātīphala*, cloves, cumin seeds, *kuṣṭha*, purified borax, *viḍa* salt, cinnamon, smaller cardamom, root or purified seed of *dhatūra*, purified opium and juice of the leaves of *gandhprasāriṇī*.

Process of Drug-Making: Get 12 gm. measure each of the powder of *jātīphala*, cloves, cumin seeds, *kuṣṭha*, purified borax, *viḍa* salt, cinnamon, smaller cardamom, root or purified seed of *dhatūra* and purified opium. Mix these powders together and process the mix for three hours through mortar using juice of the leaves of *gandhaprasāriṇī*. Following that prepare pills measuring 125 mg. and dry them under shadow.

Therapeutic benefits: Taking the medicine along with different *anupānas* helps one get relief from such diseases as diarrhoea (*atisāra*) and dysentery (*pravāhikā*). This is a very effective medicine.

वज्रकपाटो रसः (भा. भै. र.)–

पारदं गन्धकञ्चैव अहिफेनं समोचकम् । त्रिकटु त्रिफलां चैव सममेकत्र कारयेत् ।।२८९।।
खल्लयेत्तुशिलाखण्डे क्रमशो वक्ष्यमाणकैः । भङ्गाभृङ्गद्रवैश्चैतत् भावयेच्च पुनः पुनः ।।२९०।।
रक्तित्रयं ततश्चास्य मधुना सह भक्षयेत् । असाध्यां ग्रहणीं हन्ति रसो वज्रकपाटकः ।।२९१।।

289-291. Vajjrakapāṭa Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified opium, *mocrasa*, *tṛikaṭu* herbs (dried ginger, *marica*, pepper), *tṛiphalā* herbs (*haraḍa*, *vibhītaka*, *āmalakī*), juices of *vijayā* and *bhṛingarāja*.

Process of Drug-Making: Obtain 12 gm. measure each of the powders of purified *pārada*, purified *gandhaka*, purified opium, *mocrasa*, *tṛikaṭu* herbs (dried ginger, *marica*, pepper), *tṛiphalā* herbs (*haraḍa*, *vibhītaka*, *āmalakī*). First prepare *kajjalī* out of the *pārada* and *gandhaka* and mix the rest of ingredients into it. Process the mix through *bhāvanā* method using the juices of *vijayā* and *bhṛingarāja* each for seven consecutive terms.

Method of use/Administration: This medicine is to be taken in doses of 375 mg. along with honey.

Therapeutic benefits: It can remove the ailment of *sangrahaṇī* that has not been cured by several other medicines.

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महागन्धकम्–

रसगन्धकयोःकर्षं ग्राह्यमेकं सुशोधितम् । ततः कज्जलिकां कृत्वा मृदुपाकेन साधयेत् ।।२९२।।
जात्याः फलं तथा कोषं लवङ्गारिष्टपत्रके । (सिन्दुवारदलं चैव एलाबीजं तथैव च) ।
एतेषां कर्षमात्रेण तोयेन सह मर्दयेत् ।।२९३।।
मुक्तागृहे पुनः स्थाप्यं पुटपाकेन साधयेत् । धनपङ्के बहिर्लिप्त्वा पुटमध्ये निधापयेत् ।
गुञ्जाषट्कप्रमाणेन ग्रत्यहं भक्षयेन्नरः ।।२९४।।
एतत्प्रोक्तं कुमाराणां रक्षणाय महौषधम् । ज्वरघ्नं दीपनञ्चैव बलवर्णप्रसादनम् ।।२९५।।
दुर्वारं ग्रहणीरोगं जयत्येव प्रवाहिकाम् । सूतिकाञ्च जयेदेतदपि वैद्यविवर्जिताम् ।।२९६।।
कासश्वासातिसारघ्नं वाजीकरणमुत्तमम् । बालरोगं निहन्त्याशु सर्वोपद्रवसंयुतम् ।।२९७।।
पिशाचा दानवा दैत्या बालानां ये विघातकाः । यत्रौषधवरस्तिष्ठेत्तत्र सीमां त्यजन्ति ते ।।२९८।।
बालानां गदयुक्तानां स्त्रीणाञ्चापि विशेषतः । महागन्धकमेतद्धि सर्वव्याधिनिषूदनम् ।।२९९।।
विना पाकेन सर्वाङ्गसुन्दरोऽयं प्रकीर्त्तितः ।।३००।।

292-300. Mahāgandhakama :

Ingredients: Purified *pārada*, *gandhaka*, *jātīphala*, *jātīkoṣa*, cloves, dried *neem*-leaves, leaves of *sinduvāra* and seeds of bigger cardamom.

Process of Drug-Making: Get 12 gm. measure of the purified *pārada* and *gandhaka* and prepare *kajjalī* out of them. Cook it on a slow heat using an iron pan. After that put the preparation into a large mortar. Add to it *jātīphala*, *jātīkoṣa*, cloves, dried *neem*-leaves, leaves of *sinduvāra* and seeds of bigger cardamom, each measuring 12 gm. Process for three hours the mix through mortar along with water. Place the mix inside a purified *śukti* (i. e. mother of pearls) and wrap the same with banana leaves. Coat it with wet mud measuring two fingers in thickness. Cook the pack through *Bālukā Yañtra*. After the process is complete and the *puṭa* is cooled down to the atmospheric temperature, get the above *śukti* and remove out the mud coating from it. Thoroughly compound the *śukti* along with the medicine inside it.

Method of use/Administration: The medicine should be taken in doses of 750 mg. Weak patients can take only 375 mg. of this medicine.

Therapeutic benefits: This is very effective *rasāyaṇa* and a strong appetizer. It promotes the beauty of the body. Used along with different *anupānas*, this medicine prove effective in checking diarrhoea, *kāsa* (coughs), breathing troubles, problems related to delivery and the like cases of indispositions that have been rejected by the physicians as incurable. This medicine equips one with great aphrodisiac power. The house where this medicine is kept ever remains free from

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the danger of the evil effects of demons and ghosts and other malevolent celestial agents. This prescription serves as great cure for those children and women who remain indisposed quite often. This is a very effective *rasāyaṇa* as well.

श्रीवैद्यनाथवटिका–

रसस्यशाणंसंगृह्यकाञ्जिकेन तु शोधयेत् । चित्रकस्य रसेनापि त्रिफलायाश्च बुद्धिमान् ।।३०१।।
रसार्द्धं गन्धकं शुद्धं भृङ्गराजरसेन वा । द्वाभ्यां सम्मूर्च्छनं कृत्वा स्वरसैःशाणसम्मितैः ।।३०२।।
खल्लयेत्तुशिलाखल्लेक्रमशो वक्ष्यमाणकैः । निर्गुण्डीमण्डुकीश्वेताकुचेलाग्रीष्मसुन्दरैः ।।३०३।।
भृङ्गाह्वकेशराजैश्च जयेन्द्राशनकोत्कटैः । सर्षपाभां वटीं कृत्वा दद्यात्तां ग्रहणीगदे ।।३०४।।
सामवातेऽग्निमान्द्ये च ज्वरे प्लीहोदरेषु च । वातश्लेष्मविकारेषु तथा श्लेष्मगदेषु च ।।३०५।।
दधिमस्तु विनिक्षिप्य मर्दयित्वा यथाबलम् । दातव्या गुडिकाः सप्त रोगिणे ग्रहणीगदे ।।३०६।।
अम्बुतक्रादिसेवान्तु कुर्वीत स्वेच्छया बहु । श्रीमता वैद्यनाथेन लोकानुग्रहकारिणा ।।
स्वप्नान्ते ब्राह्मणायेयं भाषिता लिखिताऽपि च ।।३०७।।

301-307. Śrīvaidynātha Vaṭikā:

Ingredients: Purified *pārada*, *kānji*, decoctions of the root of *citraka*, *triphalā* herbs, purified *gandhaka*, juice of *bhṛingarāja*, *nirgundīpatra*, *manḍukaparṇī*, *viṣṇukrāntā*, *pāṭhā*, *grīṣmasundra*, *bhṛingarāja*, *keśarāja*, *jayantī*, *vijayā* and sugarcane.

Process of Drug-Making: Get 4 gm. of purified *pārada* and mortar it along with *kānji* and decoctions of the root of *citraka* and *triphalā* herbs for six hours. Also take 2 gm. of purified *gandhaka* and mortar it for three hours along with juice of *bhṛingarāja*. Prepare *kajjalī* out of them and mortar the mix separately along with 4 gm. measure juices of each of the following: *nirgundīpatra*, *manḍukaparṇī*, *viṣṇukrāntā*, *pāṭhā*, *grīṣmasundra*, *bhṛingarāja*, *keśarāja*, *jayantī*, *vijayā*, and sugarcane. Make pills of the size of 10 mg. out of the preparation.

Method of use/Administration: In indisposition of *grahaṇī* one should take seven pills of this medicine after dissolving them into water obtained from the upper layers of curd. While taking this medicine one should take as much quantity of water and buttermilk as one can take.

Therapeutic benefits: Taken along with different *anupānas* this drug can be profitably used to check a variety of diseases including *grahaṇīvikāra*, *vāta roga* (*āmvāta*), loss of digestive power (*agnimāndya*), fever (*jvara*), enlargement of spleen (*plīhāvṛiddhi*), problems related to gastro intestinal tract (*udara roga*), *grahaṇī* and indispositions related with disordered *doṣas*. This medicine has been

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propounded by great physician Vaidyanāth who was so concerned to the welfare of mankind.

खसर्पणवटिका–

पक्वेष्टकाहरिद्राभ्यामागारधूमकेन च । शोधितं पारदञ्चैव कर्षार्द्धं तुलया धृतम् ।।३०८।।
भृङ्गराजरसैःशुद्धं गन्धकं रससम्मितम् । द्वाभ्यां कज्जलिकां कृत्वा भावयेत्तत्तु भेषजैः ।।३०९।।
सिन्दुवारदलरसे मण्डूकपर्णिकारसे । केशराजरसे चापि ग्रीष्मसुन्दरजे रसे ।।३१०।।
रसेऽपराजितायाश्च सोमराजीरसे तथा । रक्तचित्रकपत्रोत्थे रसे च परिभावितम् ।।३११।।
रसमानसमानेनछायायां शोषयेद्भिषक् । सर्षपाभाश्च गुडिकाः कारयेत् कुशलो भिषक् ।।३१२।।
ततः सप्तवटीर्दद्याद् दधिमस्तुसमप्लुताः । नित्यं दघ्ना च भोक्तव्यं कोष्ठदुष्टिनिवृत्तये ।।३१३।।
ग्रहणीमतिसारञ्च ज्वरदोषञ्च नाशयेत् । अग्निदार्ढ्यकरी श्रेष्ठा ह्यामपर्पटिकाह्वया ।।३१४।।

308-314. Khasaparṇa Vaṭikā :

Ingredients: *Pārada*, powder of bricks, smoke deposits gathered from kitchen, *haridrā*, *gandhaka*, juice of *bhṛingarāja*, juices of the leaves of *sinduvāra*, *manḍukaparṇī*, *aparājitā*, *somarājī* and red variety of *citraka*.

Process of Drug-Making: Purify 48 gm. measure of *pārada* by churning it thoroughly for three consecutive days with the powder of bricks, smoke deposits gathered from kitchen and *haridrā*, separately using one material each day. Also purify 12 gm. measure of *gandhaka* by compounding it with juice of *bhṛingarāja*. Following that make *kajjalī* out of the purified *pārada* and *gandhaka* and mortar the *kajjalī* separately with 12 ml. measure juices each of the following: leaves of *sinduvāra*, *manḍukaparṇī*, *aparājitā*, *somarājī* and red variety of *citraka*. Make pills out of the preparation measuring 10 mg.

Method of use/Administration: One should take daily seven pills of the medicine along with water taken out of the upper layers of curd. Curd and cooked rice are helpful meals during the period of this medication.

Therapeutic benefits: This medicine is very helpful in strengthening digestive system, in checking *sangrahaṇī*, dysentery and fever. It is an appetizer as well. The same recipe is also famous as *Āmaparpaṭikā*.

रसाभ्रवटी–

शुद्धसूतस्यकर्षैकंकर्षैकं गन्धकस्य च । द्वयोःकज्जलिकां कृत्वा तुल्यं व्योम प्रदापयेत् ।।३१५।।
केशराजस्य भृङ्गस्य निर्गुण्ड्याश्चित्रकस्य च । ग्रीष्मसुन्दरमण्डूकीजयन्तीन्द्राशनस्य च ।।३१६।।
श्वेतापराजितायाश्च स्वरसं पर्णसम्भवम् । रसतुल्यं प्रदातव्यं चूर्णं च मरिचोद्भवम् ।।३१७।।

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देयं रसार्द्धभागेन चूर्णं टङ्गणसम्भवम् । संमर्द्य वटिकां कुर्यात् कलायसदृशीं बुधः ।।३१८।।
हन्तिकासंक्षयं श्वासं वातश्लेष्मभवां रुजम् । ज्वरे चैवातिसारे च सिद्ध एष प्रयोगराट् ।।३१९।।
चातुर्थके ज्वरे श्रेष्ठो ग्रहण्यातङ्कनाशनः । दधि चावश्यकं देयं प्राह नागार्जुनो मुनिः ।।३२०।।

315-320. Rasābhra Vaṭī:

Ingredients: Purified *pārada*, *gandhaka*, *abhraka bhasma*, juices of *keśarāja*, *bhṛingarāja*, *nirgundī*, root of *citraka*, *grīṣmasundara*, *maṇḍukparṇi*, *jayantī*, *vijayā*, *aparājitā* (white variety), ginger, betel leaves, *marica*, purified borax.

Process of Drug-Making: Obtain 12 gm. measure each of the purified *pārada*, *gandhaka* and *abhraka bhasma*. Prepare *kajjalī* out of the *pārada* and *gandhaka*. Mix the *abhraka bhasma* (*vyomcūrṇa*) into it. Mortar the *kajjalī* separately with 12 ml. measure juices each of the following *keśarāja*, *bhṛingarāja*, *nirgundī*, root of *citraka*, *grīṣmasundara*, *jayantī*, *maṇḍukpanṛi*, *vijayā*, *aparājitā* (white variety), ginger and betel leaves for three hours each. Add to the preparation 12 gm. measure of *marica* and 6 gm. of purified borax and again process it through mortar for whole one day under hot sun. Make pills out of the preparation measuring the shape of peas and dry them.

Method of use/Administration: Taking into consideration the strength and digestive power of the patient doses of the medicine is to be taken along with proper *anupānas*.

Therapeutic benefits: This medicine is very effective in checking *kāsa* (coughs), consumption and indispositions that have been caused by disorder in *vāta* and *kapha doṣas*. This is a tasted medicine for diarrhoea and fever. This is very effective in checking *sangrahaṇī* as well.

महाभ्रवटी–

अभ्रकं पुटितं ताम्रं लौहं गन्धकपारदम् । कुनटीटङ्गणक्षारं त्रिफला च पलं पलम् ।।३२१।।
गरलस्य तथा माषचतुष्कञ्चैव चूर्णयेत् । तत्सर्वं भावयेदेषां रसैः प्रत्येकशः पलैः ।।३२२।।
देवराजाशनाख्यस्यकेशराजाख्यकस्य च । सोमराजस्य भृङ्गाख्यराजस्य श्रीफलस्य च ।।३२३।।
पारिभद्राग्निमन्थस्य वृद्धदारस्य तुम्बुरोः । मण्डूकपर्णीनिर्गुण्डीपूतिकोन्मत्तकस्य च ।।३२४।।
श्वेतापराजितायाश्च जयन्त्याश्चार्द्रकस्य च । ग्रीष्मसुन्दरकस्याटरूषकस्य रसेन तु ।।३२५।।
रसैस्ताम्बूलवल्ल्याश्चपत्रोत्थैर्भावयेत्पृथक्। द्रवेकिञ्चित्स्थितेचूर्णमरिचस्य पलं क्षिपेत् ।।३२६।।
ततश्चैषवटींकुर्यान्मात्रांदद्याद् यथोचिताम् । ज्वरे चैवातिसारे च कासे श्वासे क्षये तथा ।।३२७।।
सन्निपातज्वरे चैव विविधे विषमज्वरे । क्षयरोगेषु सर्वेषु क्षीणशुक्रे च यक्ष्मणि ।।३२८।।
ग्रहण्याञ्चिरभूतायांसूतिकायां विशेषतः । शोथे शूले तथाऽसाध्ये स्थविरे चामवातिके ।।३२९।।
मन्दानलेऽबले चैव सकले श्लेष्मजे गदे । पीनसेऽपीनसे चैव पक्वेऽपक्वे विशेषतः ।।३३०।।

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वातश्लेष्मणि वाते वा विविधे चेन्द्रियस्थिते । वातवृद्धे वृते पित्ते बलासेनावृतेऽपि च ।।३३१।।
अष्टसूदररोगेषु कण्ठरोगे प्रशस्यते । अजीर्णे कर्णरोगे च कृशे स्थूले च यक्ष्मणि ।।३३२।।
अयं सर्वगदेष्वेव रसो वै परिकीर्तितः । महाभ्रवटिका सेयं परा श्रेष्ठा रसायने ।।३३३।।

321-333. Mahābhra Vaṭī:

Ingredients: Powders of *abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *gandhaka*, *pārada*, *manhaśila*, borax, *yavakṣāra*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *kṛiṣṇasarpa viṣa* (poison of the black cobra), juices of *vijayā*, *keśarāja*, *somarāja*, *bhṛingarāja*, *bilva*, *vākucī*, *neem*, *araṇī*, *vṛiddhadāraka*, coriander seeds (Nepalese variety), *manḍukaparṇī*, *nirgunḍī*, *karañja*, *dhattūrā*, *aparājitā* (white variety), *jayantī*, *gṛīṣmasundara*, *aḍuṣā*, betel leaves and powder of *marica*.

Process of Drug-Making: Raise 46 gm. measure each of the powder of *abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *gandhaka*, *pārada*, *manhaśila*, borax, *yavakṣāra*, *haraḍa*, *vibhītaka*, and *āmalakī* and 4 gm. of the purified *kṛiṣṇasarpa viṣa* (poison of the black cobra). Prepare *kajjalī* out of the *pārada* and *gandhaka* and mix the rest of ingredients into it. Mortar the *kajjalī* separately with 56 ml. measure juices each of the following *vijayā*, *keśarāja*, *somarāja*, *bhṛingarāja*, *bilva*, *vākucī*, *neem*, *araṇī*, *vṛiddhadāraka*, coriander seeds (Nepalese variety), *maṇḍukpanṛi*, *nirgunḍī*, *karañja*, *dhattūrā*, *aparājitā* (white variety), *jayantī*, *gṛīṣmasundara*, *aḍuṣā* and betel leaves. If some parts of juices are left add to them powder of *marica* and mortar it thoroughly with the above preparation. Prepare pills measuring 125 mg. each.

Method of use/Administration: Taking into consideration the strength and digestive power of the patient the medicine is to be taken in doses of one to three pills.

Therapeutic benefits: This *Mahābhravaṭī* taken with different *anupāna* is very effective in treating a variety of diseases including fever (*jvara*), diarrhoea (*atisāra*), coughs (*kāsa*), bronchitis (*śvāsa*), all kinds of consumption (*kṣaya*), *sannipātta*, *viṣam jvara*, chronic case of *sangrahaṇī*, chronic case of delivery related indispositions (*sutikā roga*), difficult case of *śotha*, colic pain (*śūla*), chronic *vāta roga* (*āmvāta*), loss of digestive power (*mandāgni*), weakness, disordered *kapha*, sinus (*pīnasa*), *apināsa*, (a particular nasal ailment), mature and immature case of *pratiśyāya*, indigestion, problems related to gastro intestinal tract and problems related to such parts of body as throat, ears and the like. This is also a great *rasāyaṇa*.

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पीयूषवल्लीरसः–

सूतकंगन्धकञ्चाभ्रं तारं लौहं सटङ्कणम् । रसाञ्जनं माक्षिकञ्च शाणमेकं पृथक् पृथक् ।।३३४।।
लवङ्गंचन्दनंमुस्तं पाठा जीरकधान्यकम् । समङ्गाऽतिविषा लोध्रं कुटजेन्द्रयवं त्वचम् ।।३३५।।
जातीफलंविश्वनिम्बं कनकं दाडिमच्छदम् । समङ्गा धातकी कुष्ठं प्रत्येकं रससम्मितम् ।।३३६।।
भावयेत्सर्वमेकत्र केशराजरसैः पुनः । चणकाभा वटी कार्या छागीदुग्धेन पेषिता ।।३३७।।
अनुपानं प्रदातव्यं दग्धबिल्वं समं गुडम् । अतिसारं ज्वरं तीव्रं रक्तातीसारमुल्वणम् ।।३३८।।
ग्रहणीं चिरजां हन्ति शोथं दुर्नामकं तथा । आमशूलविबन्धघ्नः संग्रहग्रहणीहरः ।।३३९।।
पिच्छामदोषं विविधं पिपासादाहरोगकम् । हल्लासारोचकच्छर्दिगुदभ्रंशं सुदारुणम् ।।३४०।।
पक्वापक्वमतीसारं नानावर्णं सवेदनम् । कृष्णारुणञ्च पीतञ्च मांसधावनसन्निभम् ।।३४१।।
प्लीहगुल्मोदरानाहसूतिकारोगसङ्करम् । असृग्दरं निहन्त्येव वन्ध्यानां गर्भदः परम् ।।३४२।।
कामलांपाण्डुरोगञ्चप्रमेहानपि विंशतिम् । एतान् सर्वान् निहन्त्याशु मासार्द्धेनात्र संशयः ।।३४३।।
पीयूषवल्लीवटिकाअश्विभ्यांनिर्मिता पुरा । कश्यपाय ददेऽश्विभ्यां ततः प्राप प्रजापतिः ।।३४४।।
धन्वन्तरिस्ततः प्राप देवतानां पतिस्ततः । परम्पराप्राप्त एष रसस्त्रैलोक्यदुर्लभः ।।३४५।।

334-345. Pīyūṣvallī Rasa:

Ingredients: Powders of *pārada bhasma*, *gandhaka bhasma*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, *tāmra bhasma*, borax *rasāñjana*, *suvarṇamākṣika bhasma*, clove, white sandalwood, *pāṭhā*, cumin seeds, *vārāhakanta*, *ativiṣā*, *lodhra*, *kuṭaja* barks, *indrayava*, *jātīphala*, dried ginger, seed pulp of *bilva* fruits, root or purified seeds of *dhatūra*, leaves of pomegranate, *manjiṣṭhā*, *dhātakī* flowers, *kuṣṭha*, juice of *keśarāja* and goat's milk.

Process of Drug-Making: Obtain powders of the following in measurement of 12 gm. each: *pārada bhasma*, *gandhaka bhasma*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, *tāmra bhasma*, borax, *rasāñjana*, *suvarṇamākṣika bhasma*, clove, white sandalwood, *pāṭhā*, cumin seeds, *vārāhakanta*, *ativiṣā*, *lodhra*, *kuṭaja* barks, *indrayava*, *jātīphala*, dried ginger, seed pulp of *bilva* fruits, root or purified seeds of *dhatūra*, leaves of pomegranate, *manjiṣṭhā*, *dhātakī* flowers and *kuṣṭha*. Prepare *kajjalī* out of the *pārada* and *gandhaka* and mix the rest of ingredients into it. Mortar the *kajjalī* with juice of *keśarāja* and process the mix through *bhāvanā* method for seven consecutive terms. Subsequently, process the mix through mortar along with the goat's milk. Finally, make pills measuring 250 mg. and dry them under shadow.

Method of use/Administration: Take one pill of this medicine and subsequently eat roasted seed pulp of *bilva* fruit measuring 6 gm. and old jaggery measuring 12 gm.

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Therapeutic benefits: Taken with different *anupānas* this medicine proves very effective in a number of diseases and indispositions including different types of diarrhoea (*atisāra*), high fever, chronic cases of *sangrahaṇī*, morbid thirst, burning sensation in hands and feet and other parts of the body, enlargement of spleen, *gulma*, problems related to gastro intestinal tract, *ānāha*, *raktapradara*, anemia, jaundice, delivery related diseases and kinds of *prameha* (i.e. urinary disorders including diabetes).

This is a great drug for the sterile women. It sets in order the urinary and generative organs of the ladies and helps them to get conceived. The celestial physician twins Aśvinī brothers have propounded this medicine. The prescription was handed over by them to sage Kāśyapa. He passed this to Prajāpati. Prajāpati in turn passed the prescription to Dhanvantarī who passed this to Indra, the king of Gods.

(*Rasendra Sār Sangraha*)

पानीयभक्तवटी (र. सा.)–

कृष्णाभ्रलौहमलशुद्धविडङ्गचूर्णप्रत्येकमेकपलिकं विधिवद्विधाय ।
चव्यं कटुत्रयफलत्रयकेशराजदन्तीपयोदचपलाऽनलखण्डकर्णाः ।।३४६।।
माणौलकन्दबृहतीत्रिवृताः ससूर्यावर्त्ताः पुनर्नविकया सहितास्त्वमीषाम् ।
मूलं प्रति प्रति विशोधितमक्षमेकंचूर्णं तदर्द्धरसगन्धकमेकसंस्थम् ।।३४७।।
कृत्वाऽऽर्द्रकीयरससंवलितंच भूयःसंपिष्य तस्य वटिका विधिवद्विधेया ।
हन्त्यम्लपित्तमरुचि नहणीमसाध्यांदुर्नामकामलभगन्दरशोथगुल्मान् ।।३४८।।
शूलं च पाकजनितं सततागिनमान्द्यंसद्यः करोत्युपचितं चिरनष्टवह्नेः ।
कुष्ठंनिहन्तिपलितं च वलीं प्रवृद्धांश्वासं च कासमपि पाण्डुगदं निहन्ति ।।३४९।।
वार्यन्नमांसदधिकाञ्जिकतक्रमत्स्यवृक्षाम्लतैलपरिपक्वभुजो यथेष्टम् ।
शृङ्गारबिल्वगुडकञ्चटनारिकेलदुग्धानि सर्वविदलानि विवर्जयेत्तु ।।३५०।।

346-350. Pānīyabhakta Vaṭī:

Ingredients: Powder of the *abhraka bhasma* (black variety), *lauha bhasma* (*mala*), peeled pieces of *vāyaviḍanga*, *cavya*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *keśarāja*, *dantī*-roots, *mustā*, *citraka*-roots, *anālakanda*, *mānakanda*, *bṛihatī*, *tṛivṛit*, *sūryāvarta*, *punarnavā* and juice of ginger.

Process of Drug-Making: Take 46 gm. measure powder of the *abhraka bhasma* (black variety), *lauha bhasma* (*mala*) and peeled pieces of *vāyaviḍanga*

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and 12 gm. measure each of the *cavya*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *keśarāja*, *dantī*-roots, *mustā*, *citraka*-roots, *anālakanda*, *mānakanda*, *bṛihatī*, *tṛivṛit*, *sūryāvarta* and *punarnavā*. Also take 6 gm. measure of the *kajjalī* prepared out of the *pārada* and *gandhaka*. Churn all the ingredients along with juice of ginger and make pills measuring 500 mg. each out of the preparation.

Method of use/Administration: The drug could be taken in doses of 125-500 mg. During the period of taking medicine, one should take in meals such items as watery rice, meat, curd, *kānji*, buttermilk, fishes, tamarind and dishes that are fried into oil. However, he should avoid the *śṛīngāṭaka*, *bilva* fruit, jaggery, *kancaṭa* leaves, coconut, all kinds of pulses and milks.

Therapeutic benefits: This recipe is effective in a number of diseases including *amalpitta*, anorexia, *grahaṇī*, piles, jaundice, *bhagandara*, *śotha*, *gulma*, colic pain, loss of digestive power, skin problems, pain in gastro intestinal tract, breathing troubles, *kāsa* (coughs) and anemia.

(*Rasendra Sār Sangraha*)

श्रीनृपतिवल्लभरसः–

जातीफललवङ्गाब्दत्वगेलाटङ्गरामठम् । जीरकं तेजपत्रं च यमानीविश्वसैन्धवम् ।।३५१।।
लौहमभ्रं रसो गन्धं ताम्रं प्रत्येकशः पलम् । मरिचं द्विपलं दत्त्वा छागीक्षीरेण पेषयेत् ।।३५२।।
धात्रीरसेन वा पेष्यं वटिकां कुरु यत्नतः । श्रीमद्गहननाथेन विचिन्त्य परिनिमितः ।।३५३।।
सूर्यवत्तेजसा चायं रसो नृपतिवल्लभः । अष्टादश वटीः खादेत्पवित्रः सूर्यदर्शकः ।।३५४।।
हन्ति मन्दानलं सर्वमामदोषं विसूचिकाम् । प्लीहगुल्मोदराष्ठीलायकृत्पाण्डुत्वकामलाः ।।३५५।।
हृच्छूलं पृष्ठशूलं च पार्श्वशूलं तथैव च । कटिशूलं कुक्षिशूलमागाहमष्टशूलकम् ।।३५६।।
कासश्वासामवातांश्चश्लीपदं शोथमर्बुदम् । गलगण्डं गण्डमालामम्लपित्तं च गृध्रसीम् ।।३५७।।
कृमिकुष्ठानि दद्रूणि वातरक्तं भगन्दरम् । उपदंशमतीसारं ग्रहण्यर्शःप्रमेहकम् ।।३५८।।
अश्मरींमूत्रकृच्छ्रंचमूत्राघातंसुदारुणम् । ज्वरं जीर्णं तथा तन्द्रामालस्यं च भ्रमं क्लमम् ।।३५९।।
दाहंचविद्रधिं हिक्कां जडगद्गदमूकताः । मौढ्यं च स्वरभेदं च ब्रध्नवृद्धिं विसर्पकान् ।।३६०।।
ऊरुस्तम्भं रक्तपित्तं गुदभ्रंशारुची तृषाम् । कर्णनासामुखोत्थांश्च दन्तरोगांश्च पीनसान् ।।३६१।।
शोथंचशीतपित्तंचस्थावरादिविषाणि च । वातपित्तकफोत्थांश्च द्वन्द्वजान् सान्निपातिकान् ।।३६२।।
सर्वानिव गदान् हन्ति चण्डांशुरिव पापहा । बलवर्णकरो हृद्य आयुष्यो वीर्यवर्द्धनः ।।३६३।।
परंवाजीकरःश्रेष्ठोबुद्धिदो मन्त्रसिद्धिदः । अरोगी दीर्घजीवी स्याद्रोगी रोगाद्विमुच्यते ।।३६४।।
रसस्यास्य प्रसादेन बुद्धिमाञ्जायते नरः ।।३६५।।

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351-365. Śrīnṛipati Vallabh Rasa:

Ingredients: *Jātīphala*, cloves, *mustā*, cinnamon, smaller cardamom, asafoetida (fried into *ghṛitam*), cumin seeds, cassia leaves, caraway, dried ginger, rock salt, *lauha bhasma*, *abhraka bhasma*, *pārada*, *gandhaka*, *tāmra bhasma*, *marica*, goat's milk and juice or decoction of *āmalakī*.

Process of Drug-Making: Obtain 48 gm. measure powders of each of the *jātīphala*, cloves, *mustā*, cinnamon, smaller cardamom, asafoetida (fried into *ghṛitam*), cumin seeds, cassia leaves, caraway, dried ginger, rock salt, *lauha bhasma*, *abhraka bhasma*, *pārada*, *gandhaka* and *tāmra bhasma* and 96 gm. measure of *marica*. Make *kajjalī* out of the *pārada* and mix into it the rest of materials. Process the mix through *bhāvanā* method and mortar it along with goat's milk for three hours. After that again process the mix through *bhāvanā* method and mortar it along with juice or decoction of *āmalakī* for three hours. Finally prepare pills of 375 mg. measurement each and dry them under shadow. Śrī Gahananāth has propounded the medicine after consulting a number of medical texts.

Method of use/Administration: After having respectfully viewed the sun and after performing regular cleaning and washing, one should take one pill of the medicine for 18 consecutive days. Alternatively one can take two pills daily, taking one pill each in the morning and evening.

Therapeutic benefits: Taken along with different *anupānas*, the medicine proves effective in a large number of diseases including diminished appetite (*mandāgni*), digestive problems (*āmadoṣa*), dysentery (*viṣūcīkā*), enlargement of spleen (*plīhā*), *gulma*, problems related to gastro intestinal tract (*udara roga*), *aṣṭhilā*, enlargement of liver (*yakṛitvṛiddhi*), anemia (*pānḍu roga*), jaundice (*kāmalā*), colic pain and other types of pain, *ānāha*, coughs (*kāsa*), bronchitis (*śvāsa*), *vāta roga* (*āmvāta*), *elephantitis* (*ślīpada*), *śotha*, *arbuda*, *galkanda*, *gaṇḍamāla*, *āmlapitta*, sciatica (*gṛidhrasī*), worm related diseases (*kṛimijanya roga*), ring worms (*dadru*), *vātarakta*, *bhagandara*, *updanśa*, diarrhoea (*atisāra*), *grahaṇī*, piles (*arśa*), *prameha* (i.e. urinary disorders including diabetes), stone (*aśmarī*), retention of urine (*muttrakṛicha*), *muttraghata*, chronic fever, (*jīrṇajvara*), *tandrā*, laziness (*ālasya*), giddiness (*bhrama roga*), weariness (*klānti*), burning sensation (*dāha*), *vidradhi*, hiccup (*hikkā*), *vatavyādhī*, stiffness (*jadta*), hoarseness of voice (*gadgdatā*), dumbness (*muktā*), *muḍhatā*, *svarbheda*, *bradhna*, *vṛiddhi*, *visarpa*, *urustambha*, *raktapitta*, *gudbhranśa*, anaroxia (*aruci*),

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diseases of ears (*karṇa roga*), diseases of nose (*nāsā roga*), diseases of mouth (*mukha roga*), diseases of tooth (*dant roga*), sinus (*pīnas roga*), *śotha*, *śītapitta*, *vātapitta*, *kapha roga*, *sannipātta* and the like. This is a great *rasāyaṇa*. It provides strong aphrodisiac power, longevity and intellectual power.

(*Rasendra Sār Sangraha*)

बृहन्नृपवल्लभः–

रसगन्धकलौहाभ्रंनागं चित्रं त्रिवृत् समम् । टङ्गं जातीफलं हिङ्गु त्वगेलाऽब्दलवङ्गकम् ।।३६६।।
तेजपत्रमजाजी च यमानी विश्वसैन्धवम् । प्रत्येकं तोलकं चूर्णं मरिचतारयोस्तथा ।।३६७।।
निरुत्थकं मृतं हेम तथा द्वादशरक्तिकम् । आर्द्रकस्य रसेनैव धात्र्याश्च स्वरसेन च ।।३६८।।
भावयित्वा प्रदातव्यो माषद्वयप्रमाणतः । भक्षयेत्प्रातरुत्थाय पथ्यं खादेद्यथोचितम् ।।३६९।।
अग्निमान्द्यमजीर्णञ्च दुर्नामग्रहणीं जयेत् । आमाजीर्णप्रशमनः सर्वरोगनिसूदनः ।।
नाशयेदौदरान् रोगान् विष्णुचक्रमिबासुरान् ।।३७०।।

366-370. Bṛinnrapavallabha:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *nāga bhasma*, root of *citraka*, *niśotha*, purified borax, *jātīphala*, asafoetida (fried in *ghṛitam*), cinnamon, smaller cardamom, *mustā*, cloves, cassia leaves, cumin seeds, caraway, dried ginger, rock salt, *marica*, *rajata bhasma*, *svarṇa bhasma*, ginger juice or decoction or juice of *āmalakī*.

Process of Drug-Making: Take 12 gm. measure powders each of the of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *nāga bhasma*, root of *citraka*, *niśotha*, purified borax, *jātīphala*, asafoetida (dried into *ghṛitam*), cinnamon, smaller cardamom, *mustā*, cloves, cassia leaves, cumin seeds, caraway, dried ginger, rock salt, *marica* and *rajata bhasma*, and 1.500 mg. measure of *svarṇa bhasma*. Make *kajjalī* out of the *pārada* and *gandhaka* and mix into it the rest of materials. Process the mix through *bhāvanā* method and mortar it along with ginger juice or decoction or juice of *āmalakī* in sequence. Finally prepare pills of the 125 mg. measurement each and dry them under shadow.

Therapeutic benefits: This recipe is effective in a variety of diseases like lost appetite (*agnimāndya*), indigestion (*ajīrna*), piles (*arśa*), *sangrahaṇī*, *udara roga*, and the like. This medicine is as effective in removing diseases as the famous Sudarśana disc of God Viṣṇu is in eleminating the demons. The same recipe has been named as *Rājvallabha* in other texts.

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महाराजनृपतिवल्लभरसः–

कर्षत्रयं मृतं कान्तं मृताभ्रं मृतताम्रकम् । मृतं तारं माक्षिकञ्च कर्षं कर्षं प्रदापयेत् ।।३७१।।
मृतं स्वर्णं मृतं तारं टङ्गणं भृङ्गमेव च । वशिरं दन्तीमूलञ्च मरिचं तेजपत्रकम् ।।३७२।।
यमानीबालकं मुस्तं शुण्ठकञ्च सधान्यकम् । सिन्धूद्भवं सकर्पूरं विडङ्गं चित्रकं विषम् ।।३७३।।
पारदं गन्धकञ्चैव तोलमानं प्रदापयेत् । तोलद्वयं त्रिवृच्चूर्णं लवङ्गं तच्चतुर्गुणम् ।।३७४।।
जातीकोषफलञ्चैव वराङ्गकन्तु तत्समम् । सर्वेषामर्द्धभागन्तु विडकं तत्र मिश्रयेत् ।।३७५।।
सर्वमेकीकृतं यद्यत् त्रुटिचूर्णञ्च तत्समम् । भावना च प्रदातव्या छागीदुग्धेन सप्तधा ।।३७६।।
मातुलुङ्गरसैःपश्चाद्भावयेत्सप्तवारकम् । छायाशुष्कां वटीं कृत्वा भक्षयेत्पञ्चरक्तिकाम् ।।३७७।।
मन्दानलं सङ्ग्रहणीं प्रवृद्धामामानुबद्धां क्रिमिपाण्डुरोगम् ।
छर्द्यम्लपित्तं हृदयामयञ्च गुल्मोदरानाहभगन्दरञ्च ।।३७८।।
अर्शांसि वै पित्तकृतानशेषान् सामं सशूलाष्टकमेव हन्ति ।
साजीर्णविष्टम्भविसर्पदाहंविलम्बिकाञ्चाप्यलसं प्रमेहम् ।।३७९।।
कुष्ठान्यशेषाणि च कासशोषंहन्यात्सशोथं ज्वरमूत्रकृच्छ्रम् ।
मतान्तरे सर्वतोभद्रनामा महेश्वरेणैव विभाषितोऽयम् ।।३८०।।

371-380. Māharājanṛipati Vallabha Rasa:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, *tāmra bhasma*, *rajata bhasma*, *svarnmākṣika bhasma*, *svarṇa bhasma*, *rajata bhasma*, purified borax, *bhṛingarāja*, *gajapippalī*, root of *dantī*, *marica*, *tejpatra*, caraway, *sugandhbālā*, *mustā*, dried ginger, coriander seeds, common salt, camphor, *vāyaviḍanga*, root of *citraka*, *vatsnabh viṣa*, purified *pārada*, purified *gandhaka*, *tṛivṛit* (*niśotha*) roots, cloves, powder of *jātīkoṣa*, *jātīphala*, cinnamon barks, *viḍa* salt, powder of the smaller cardamom, salt, goat's milk and juice of *jambīira* lemon.

Process of Drug-Making: Get 30 gm. measure of the powder of *lauha bhasma*, and 10 gm. each of *abhraka bhasma*, *tāmra bhasma*, *rajata bhasma*, *svarnmākṣika bhasma*, *svarṇa bhasma*, *rajata bhasma*, purified borax, *bhṛingarāja*, *gajapippalī*, root of *dantī*, *marica*, *tejpatra*, caraway, *sugandhbālā*, *mustā*, dried ginger, coriander seeds, common salt, camphor, *vāyaviḍanga*, root of *citraka*, *vatsnabhviṣa*, purified *pārada* and purified *gandhaka* (mention of the *rajata* twice should mean that twice of the weight is to be taken), 20 gm. of *tṛivṛit* (*niśotha*) roots, 80 gm. measure each of powder of cloves, powder of *jātīkoṣa*, *jātīphala*, and cinnamon barks. Also take the *viḍa* salt measuring half of the combined weight of the above materials (i.e. 315 gm.) and powder of the smaller cardamom salt measuring equal to the combined weight of the above materials i.e. 945 gm. Make *kajjalī* out of the *pārada* and *gandhaka* and mix into it the rest of materials. Process the mix through *bhāvanā* method and mortar it along with

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goat's milk for seven consecutive times. Repeat the process using the juice of *jambīira* lemon again for seven terms in sequence. Finally prepare pills of 625 mg. measurement each and dry them under shadow.

Therapeutic benefits: This *Māharājanṛiptivallabha Rasa* is effective in a number of ailments and indispositions including diminished appetite (*mandāgni*), *sangrahaṇī*, *āmadoṣa*, *grahaṇī*, worm-related diseases (*kṛimi roga*), anemia (*pāṇḍu roga*), vomitting (*vamana*), *āmlapitta*, *gulma*, *udara roga*, *ānāha*, *bhagandara*, piles (*arśa*), disordered *pitta*, *āmadoṣa*, colic pain (*śūla*), indigestion (*ajīrna*), constipation (*viṣṭambha*), *visarpa*, burning sensation in palms and feet (*hastpadādi kdāha*), *vilambikā*, *alsaka*, *prameha* (i.e. urinary disorders including diabetes), skin diseases (*kuṣṭha*), coughs (*kāsa*), consumption (*śoṣa*), *śotha*, fever (*jvara*), retention of urine (*muttrakṛicchra*), This recipe has been named as *Sarvatobhadra* as well. It has been prescribed by Śṛī Maheśvara.

(*Rasendra Sār Sangraha*)

महाराजनृपवल्लभरसः–

माक्षिकं लौहमभ्रञ्च वङ्गं रजतहाटकम् । ग्रन्थिर्यमानिका चोचं ताम्रं नागरटङ्कणम् ।।३८१।।
सैन्धवं बालकं मुस्तं धन्याकं गन्धकं रसम् । शृङ्गी कर्पूरकञ्चैव प्रत्येकं कर्षकोन्मितम् ।।३८२।।
माषद्वयं रामठं स्यान्मरिचानां चतुष्टयम् । जातीकोषं लवङ्गञ्च पत्रं च तोलकोन्मितम् ।।३८३।।
नाभिशङ्खंविडङ्गञ्च शाणं माषद्वयं विषम् । कर्षषट्कं सत्रिमाषं सूक्ष्मैलानां ततः क्षिपेत् ।।३८४।।
विडं कर्षद्वयं सर्वं छागीक्षीरेण पेषयेत् । चतुर्गुञ्जामितं खादेत् सानाहग्रहणीं जयेत् ।।३८५।।
शम्भुना निर्मितो ह्येष पूर्ववद् गुणकारकः । नाम्ना महाराजपूर्वो नृपवल्लभ उच्यते ।।३८६।।

381-386 Mahārājnṛipvallabha Rasa:

Ingredients: *Svarṇamākṣika bhasma*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, *rajata bhasma*, *svarṇa bhasma*, *pippalīmūla*, caraway, cinnamon, *tāmra bhasma*, dried ginger, borax, rock salt, *sugandhabālā*, *mustā*, coriander seeds, *gandhaka*, *karakaṭaśṛīngī*, camphor, asafoetida (fried into *ghṛitam*), powder of *marica*, *jātīkoṣa*, cloves, *tejpatra*, *śankha bhasma*, *vāyaviḍanga*, smaller cardamom, *viḍa* salt and goat's milk.

Process of Drug-Making: Obtain 1 gm. measure each of the powder of *svarṇamākṣika bhasma*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, *rajata bhasma*, *svarṇa bhasma*, *pippalīmūla*, caraway; cinnamon, *tāmra bhasma*, dried ginger, borax, rock salt, *sugandhabālā*, *mustā*, coriander seeds, *gandhaka*, *karakataśṛīngī*, camphor. Also take 4 gm. of asafoetida (fried into *ghṛitam*) and powder of *marica*, 12 gm. measure each of the powder of *jātīkoṣa*, cloves,

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tejpatra, 4 gm. measure powder of *śankha bhasma* and *vāyaviḍanga*, 72 gm. measure of smaller cardamom and powdered *viḍa* salt in measurement of 24 gm. Make *kajjalī* out of the *pārada* and mix into it the rest of materials. Process the mix through *bhāvanā* method and mortar it along with goat's milk.

Method of use/Administration: This medicine is to be taken in doses of 500 mg.

Therapeutic benefits: This is a very effective recipe to cure *ānāha* and *sangrahaṇī*. This medicine has been suggested by Mahādevaji.

(*Rasendra Sār Sangraha*)

जातीफलाया वटी–

जातीफलंटङ्कणमभ्रकञ्च धुस्तूरबीजं समभागचूर्णम् ।
भागद्वयाढ्यं त्वहिफेनयुक्तं गन्धालिकापत्ररसेनमर्द्यम् ।।३८७।।
चंणप्रमाणावटिका विधेया मधुप्रयुक्ता ग्रहणीगदेषु ।
रोगेषु दद्यादनुपानभेदैर्युक्त्या विदध्यादतिसारवत्सु ।।३८८।।
सामेषुरक्तेषुसशूलकेषु पक्वेष्वपक्वेषु गुदामयेषु ।
पथ्यं सदध्योदनमत्रदेयं जातीफलाद्या ग्रहणीहरेयम् ।।३८९।।

387-389. Jātīphalāyā Vaṭī:

Ingredients: *Jātīphala*, borax, *abhraka bhasma*, purified seed-powder of *vijayā* herbs, opium and juice of the leaves of *gandha prasāriṇī*.

Process of Drug-Making: Find 12 gm. measure each of the powder of *jātīphala*, borax, *abhraka bhasma*, purified seed-powder of *vijayā* herbs and 24 gm. measure of opium. Mix the powders thoroughly and process them through *bhāvanā* method using the juice of the leaves of *gandha prasāriṇī* for three hours. Make pills of the size of gram grains out of the preparation.

Method of use/Administration: One pill of the medicine is to be taken daily along with honey. Taking curd is helpful during the period of this medication.

Therapeutic benefits: Taken along with different *anupānas* this drug helps cure of a variety of diseases including *grahaṇī roga*, different types of diarrhoea (*atisāra*, *āmātisāra*, *raktātisāra*, *pakkvatisāra*) and ailments of anal region including piles (*arśa*), *bhgandara* and the like.

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जातीफलाद्या वटी (बृहती)–

अभ्रस्य सूतस्य च गन्धकस्य प्रत्येकशो माषचतुष्टयन्तु ।
विधाय शुद्धोपलपात्रमध्ये सुकज्जलीं वैद्यवरः प्रयत्नात् ।।३९०।।
जातीफलं शाल्मलिवेष्टमुस्तं सटङ्गणं सातिविषंसजीरम् ।
प्रत्येकमेषां मरिचस्य शाणप्रमाणमेकं विषमाषकञ्च ।।३९१।।
विचूर्ण्यसर्वाण्यवलोड्य पश्चाद्विभावयेत् पत्रभवैरमीषाम् ।
रसै रसोन्मानमितै रसालवंशौ च भद्रोत्कटकञ्चटौ च ।।३९२।।
इन्द्राणिकेन्द्राशनकं सजम्बु जयन्तिकादाडिमकेशराजौ ।
अविद्धकर्णापिचभृङ्गराजोविभाव्यसम्यग्वटिकाविधेया ।।३९३।।
कोलास्थिमाना च बहुप्रकारं सामं निहन्त्यत्र यथानुपान ।
कुर्याद्विशेषादनलावलम्बं कासञ्च पञ्चात्मकमम्लपित्तम् ।।३९४।।
इयं निहन्ति ग्रहणीं प्रवृद्धांमर्त्यस्यजीर्णग्रहणीमसाध्याम् ।
चिरोद्भवांसंग्रहकोष्ठदुष्टिं शोथं समग्रंगुदजानसाध्यान् ।।३९५।।
आमानुबद्धन्त्वतिसारमुग्रं जयेद्भृशं योगशतैरसाध्यम् ।
विवर्जनीयास्त्विह भृष्टमत्स्या मत्स्यस्तथापाण्डुरवर्णएव ।।३९६।।
रम्भाफलं मूलमथो दलञ्च बुधैर्विधेयं न कदाचिदत्र ।
जातीफलाद्या वटिका विधेया यशोऽर्थिनो वैद्यवरस्य हृद्या ।।३९७।।
अनेकसम्भावितमर्त्यलोका नानाविधव्याधिपयोधिनौका ।।३९८।।

390-398. Jātīphalādya Vaṭī:

Ingredients: *Abhraka bhasma*, *pārada*, purified *gandhaka*, *jātīphala*, *mocarasa*, *mustā*, borax, *ativiṣā*, cumin seeds, *marica*, *vatsanābhaviṣa*, juice of the leaves of mango, bamboo, *gandhaprasariṇī*, *kancaṭa*, *nirgundī*, *vijayā*, black berry (*jambū*), *jayantī*, *dāḍima*, *keśarāja*, *pāṭhā* and *bhṛingarāja*.

Process of Drug-Making: Get 4 gm. measure each of the powder of *abhraka bhasma*, *pārada*, and purified *gandhaka*. Prepare *kajjalī* out of the *pārada* and *gandhaka* and add to that 4 gm. measure powder each of the *jātīphala*, *mocarasa*, *mustā*, borax, *ativiṣā*, cumin seeds, *marica*, and 1 gm. powder of the *vatsanābhaviṣa*. Mix all the ingredients together and following that mortar the preparation thoroughly along with 4 ml. measure each of the juice of the leaves of mango, bamboo, *gandhaprasarni*, *kancaṭa*, *nirgundī*, *vijayā*, black berry (*jambū*), *jayantī*, *dāḍima*, *keśarāja*, *pāṭhā* and *bhṛingarāja*. Finally prepare pills of the 375 mg. measurement each and dry them under shadow.

Method of use/Administration: One pill of the drug is to be taken daily along with suitable *anupānas*. It is helpful to take curd and cooked rice during the

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period of this medication. The fishes fried in oil. ripe and unripe banana fruits and leaves are to be avoided by the patient.

Therapeutic benefits: Taken along with different *anupānas* the medicine can cure a number of ailments including all kinds of diarrhoea, *grahaṇī roga* caused due to disorder in any of the *doṣas* and their combination, *śotha*, problems connected with the anal region (*gudāroga*).

(*Rasendra Sār Sangraha*)

बडवामुखो रसः–

शुद्धसूतं समं गन्धं मृतताम्राभ्रटङ्कणम् । सामुद्रञ्च यवक्षारं स्वर्जिसैन्धवनागरम् ।।३९९।।
अपामार्गस्य च क्षारं पलाशवरुणस्य च । प्रत्येकं सूततुल्यं स्यादम्लयोगेन मर्दयेत् ।।४००।।
हस्तिशुण्डीद्रवैश्चाग्नौ मर्दयित्वा पुटेल्लघु । माषमात्रः प्रदातव्यो रसोऽयं वडवामुखः ।
ग्रहणीं विविधां हन्ति सङ्ग्रहग्रहणीं ज्वरम् ।।४०१।।

399-401. Baḍavāmukho Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, borax, common salt, *yavakṣāra*, *svarjjikṣāra*, rock salt, dried ginger, *apamārgakṣāra*, *palāśakṣāra*, *varuṇakṣāra*, *kānji* or juices of the *amlavarga* herbs and juice of plant *hastiśuṇḍī*.

Process of Drug-Making: Get 12 gm. measure each of the powder of purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, borax, common salt, *yavakṣāra*, *svarjjikṣāra*, rock salt, dried ginger, *apamārgakṣāra*, *palāśakṣāra* and *varuṇakṣāra*. Prepare *kajjalī* out of the *pārada* and *gandhaka* and add to that rest of the ingredients. Following that mortar the preparation thoroughly along with the *kānji* or juices of the *amlavarga* herbs. Repeat the process using the juice of plant *hastiśuṇḍī* and make a lump out of the mix. Put the lump into a *śarāva saṁpuṭa* and cook it through *laghu puṭa* method. Remove out the cooked drug and compound it again.

Method of use/Administration: This medicine is to be taken in doses of 1 gm. along with honey.

Therapeutic benefits: This is effective in fever as well as *sangrahaṇī*.

(*Rasendra Sār Sangraha*)

रसपर्पटिका–

श्रीविन्ध्यवासिपादान्नत्वाधन्वन्तरिञ्चसुरभिषजम् ।रसगन्धकपर्पटिकापरिपाटीपाटवं वक्ष्ये ।।४०२।।

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मग्नं रसे जयन्त्याः पश्चादेरण्डसम्भूते । आर्द्रकरसे च सूतं पत्ररसे काकमाच्याश्च ।।४०३।।
मग्नमुदितानुपूर्व्यामर्दनशुष्कं करेण गृह्णीयात् । प्रस्तरभाजनमध्ये शुद्धिरियं पारदस्योक्ता ।।४०४।।
शुकपुच्छसमच्छायो नवनीतसमद्युतिः । मसृणः कठिनः स्निग्धः श्रेष्ठो गन्धक इष्यते ।।४०५।।
कृत्वा भद्रं गन्धकमतिकुशलः क्षुद्रतण्डुलाकारम् । तावद्भृङ्गराजरसैरनन्तरं भावयेत्पात्रे ।।४०६।।
तदनुचशुष्कंकुर्याद्धूलिसमानञ्चसप्तधारौद्रे ।तदनुचशुष्कंचूर्णंकृत्वाविन्यस्य लौहिकामध्ये ।।४०७।।
निर्धूमवदरकाष्ठाङ्गारेन्यस्तंविलाप्य तैलसमम् । पात्रस्थितभृङ्गराजरसमध्ये ढालयेन्निपुणः ।।४०८।।
तस्मिन्प्रविष्टमात्रंकठिनत्वंयातिगन्धकचूर्णम् । पुनरपिरौद्रेशुष्कंकेतकरजसासमानतांनीतम् ।।४०९।।
शुद्धेसूतेशोधितगन्धकचूर्णेनतुल्यताकार्या । तावन्मर्दनमनयोर्यावन्न कणोऽपि दृश्यते सूते ।।४१०।।
पश्चात्कज्जलसदृशंचूर्णंलौहीस्थितंप्रयत्नेन ।निर्धूमवदरकाष्ठाङ्गारेन्यस्तंविलाप्यतैलसमम् ।।४११।।
सद्यो गोमयनिहिते कदलदले ढालयेन्मृदुनि । लौहीस्थितमवशिष्टं कठिनं तन्न गृहीतव्यम् ।
पश्चात्पर्पटरूपापर्पटिका कीर्त्यते लोकैः ।।४१२।।
मयूरचन्द्रिकाकारं लिङ्गं यत्र तु दृश्यते । तत्र सिद्धं विजानीयाद्वैद्यो नैवात्र संशयः ।।४१३।।
समुचितपात्रे भरणादवनीया पर्पटी मनुजैः । जीरकगुञ्जे हिङ्गोरर्द्धं खादेच्च वातले जठरे ।।४१४।।
जीरकहिङ्ग्वोरशने त्वनुपानं सलिलधारया कार्यम् ।
रसगन्धकपर्पटिका भक्षणमात्रे तु नाम्भसः पानम् ।।४१५।।
प्रथमंगुञ्जायुगलंप्रतिदिनमेकैकवृद्धितोभक्ष्यम् ।
दशगुञ्जापरिमाणान्नाधिकमदनीयमेकविंशतिदिनानि ।।४१६।।
वातातपकोपमनश्चिन्तनमाहारसमयवैषम्यम् ।व्यायामश्चायासःस्नानंव्याख्यानमहितमत्यन्तम्।।४१७।।
पाकेस्तोकंसर्पिर्जीरकधान्यकवेशवारैश्च । सिन्धूद्भवेनरन्धनमोदनधान्यानिशालयो भक्ष्याः ।।४१८।।
कृष्णंवातिङ्गनफलमविद्धकर्णाचवास्तूकम् । अक्षतमुद्गैः सहितं फलदलसहितं पटोलञ्च ।।४१९।।
क्रमुकफलशृङ्गवेरौभक्ष्यौशाकेषुकाकमाचीच।लावकवर्त्तकतित्तिरिमयूरमांसञ्चहिततरंभवति।।४२०।।
मद्गुररोहितमीनावदनीयौ कृष्णमत्स्याश्च । नीरक्षीरं न्यञ्जनमदनीयं पक्वकदलञ्च ।।४२१।।
रम्भाफलदलवल्कलमूलानां वर्जनं कार्यम् । तिक्तनिम्बादिकमपि नाद्यं नोष्णं तथाऽन्नञ्च ।।४२२।।
आनूपमांसजलचरपतत्रिपललञ्चसर्वथात्याज्यम् । स्त्रीणांसम्भाषणमपिगडकश्चकृष्णमत्स्येषु।।४२३।।
नाम्लंनदधिशाकंपर्पट्याभक्षणेभक्ष्यम् । गुडखण्डशर्करादिकइक्षुविकारो न भक्ष्य इक्षुश्च ।।४२४।।
नदलंनफलंनलताऽप्यदनीयाकारवेल्लस्य । स्तोकंघृतमिह भक्ष्यं पथ्ये साकाङ्क्षमुत्थानम् ।।४२५।।
क्षुत्पीडायांभोजनमवश्यकार्यमहानिशायाञ्च । समजलमिश्रंपक्वंक्षीरंयद्वाऽधिकजलपाकञ्च।।४२६।।
कथमपिभोजनसमयातिक्रमजातेज्वरेविरेकेच ।वमनंच नारिकेलसलिलं दुग्धञ्च पातव्यम् ।।४२७।।
स्वप्नेजातेरमितेविरेकतःक्षीरमेवपातव्यम् । नहि जायते बुभुक्षालक्ष्या प्रतीयते न यदि वा ।।४२८।।
अशक्तिझिनिझिनिकस्तकशूलाद्यैर्नूनमवर्धाया। किम्बहुवाच्यंरोगीयदायदाभवतिसाकाङ्क्षः।।४२९।।
पाययितव्यंदुग्धंतदातदानिर्भयीभूय । विहिताकरणेचास्यामविहितकरणे चरोगखिन्नानाम् ।।४३०।।
व्यापत्तयोऽपिबहुधा दृष्टाः प्रामाणिकैर्बहुशः । तस्मादवधातव्यं भवितव्यं भाजने निपुणैः ।।४३१।।
एवमियं क्रियमाणा भवति श्रेयस्करी नियतम् । अर्शोरोगं ग्रहणीं सामां शूलातिसारौ च ।।४३२।।
कामलपाण्डुव्याधिं प्लीहानञ्चातिदारुणं हन्ति ।।४३३।।
गुल्मजलोदरभस्मकरोगं हन्त्यामवातांश्च । अष्टादशैव कुष्ठान्यशेषशोथादिरोगांश्च ।।४३४।।
इयमम्लपित्तशमनीत्रिदोषदमनीक्षुधाऽतिकमनीया।अग्निंनिमग्नमुदरेज्वालाजटिलंकरोत्याशु ।।४३५।।

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रसगन्धकपर्पटिका त्वपवार्य व्याधिसंघातम् । वलीपलितशून्यं पुरुषं दीर्घायुषं कुरुते ।।४३६।।
व्याधिप्रभावहरणादपमृत्युत्रासनाशकरणाच्च । मर्त्यानाममृतवटी रसगन्धकपर्पटी जयति ।।४३७।।
शम्भुंप्रणम्यभक्त्यापूजां कृत्वा च विष्णुचरणाब्जे ।
रसगन्धकपर्पटिका भक्ष्या तेनातिसिद्धिदा भवति ।।४३८।।
नृणांसरुजांध्रुवमियमारोग्यंसततशीलिताकुरुते । श्रीवत्साङ्कविनिर्मितसम्यग्रसपर्पटी श्रेष्ठा ।।४३९।।
उक्तमेव हि कर्त्तव्यं नानुरागतया तथा । सौषधक्रिययैवात्र कर्तव्या चोत्तरक्रिया ।।४४०।।
प्रत्यवायविनाशार्थं क्षेत्रपालबलिं न्यसेत् । कृतमङ्गलकः प्रातर्योगिनीनामतः परम् ।।४४१।।

अथ पारदस्य नैसर्गिकदोषत्रयशोधनञ्चावश्यकंकार्यम् । यदुक्तम्–
मलशिखिविषनामानोरसस्यनैसर्गिकादोषः। मूर्च्छामलेनकुरुतेशिखिनादाहंविषेणहिक्कञ्च ।।४४२।।
गृहकन्या हरति मलं त्रिफला वह्निं चित्रकञ्च विषम् ।
तस्मादेभिर्वारान् सम्मूर्च्छयेत् सप्त सप्तैव ।। इति' ।।४४३।।

402-443. Rasaparpaṭī:

Remembering with honour the lotus feet of the goddess established in the temple located in the lap of Vindhyachal Mountain and saluting God Dhanvantarī and the divine physician twin brothers Aśvinī Kumāras, now I proceed to describe methods to prepare the *Parpaṭī* that is made out of the *gandhaka* and *pārada*.

Making the Raśvagandhāka Parpaṭī:

Take 48 gm. measure of *pārada* and purify it in general. After that perform the special incineration process. For that mortar the *pārada* along with the juice of *citraka* leaves, powder of the *triphalā* herbs and pulp of the *ghṛitakumārī* for three hours each. Repeat the process for seven consecutive times. After that churn the *pārada* along with the juices of *jayantī*, *eraṇḍa* leaves, ginger and *kākamācī* for three hours in sequence. The churning should continue till the liquids are triturated among the *pārada* particles. Following that the *pārada* is to be sieved through a piece of cotton that is seven times folded. The *pārada* thus obtained is perfect one. The *gandhaka* as suggested above should reflect a colour that is similar to the complexion of the peacock feathers. The *gandhaka* should also be as soft and oily as butter. Only such type of *gandhaka* is to be used.

Method to purify Gandhaka:

Obtain 48 gm. measure of *gandhaka* of the kind as suggested above. Make pieces of the *gandhaka* in shape of rice grains in thickness and in length. Administer the *bhāvanā* method through the pieces along with juice of *bhṛingarāja*. Repeat the *bhāvanā* method for seven consecutive terms. Following

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that, powder the *gandhaka* into small particles. Get these particles into an iron saucepan and boil them into a liquid using a smoke-less fire obtained from woods of badari tree. The *gandhaka* thus liquefied should be poured into a pot that contains the juice of *bhṛingarāja* leaves. As a result to this the *gandhaka* immediately get consolidated and hardened. Remove out the *gandhaka* from the pan and dry it in hot sun. Thereafter, powder the *gandhaka* into fine particles. Mix the *gandhaka* into purified *pārada* and churn the mix as long as the *pārada* contents of the mix disappear. Fill in the *kajjalī* thus obtained into an iron pan and put the pan on smoke less fire obtained from woods of badari tree. The liquefied *kajjali* thus obtained should be spread over banana leaves that are spread over cow dung coated pit. Immediately after spreading the liquefied *kajjali* one should press the spread with a pack of cow dung wrapped into soft and clean banana leaves. (The particles that are left in the saucepan should not be used.) The *parpaṭī* of *kajjali* thus obtained is referred to as *Rasaparpaṭīka*.

Examining the Purified Parpaṭī:

If the *parpaṭī* sports colour that resembles brilliance of the crescent appearing in peacock's feathers it should be construed that the *parpaṭī* has been purified properly prepared without doubt. If it does not resemble this brilliance, one should again boil the same *kajjali*. The *parpaṭī* thus purified should be preserved in a glass container.

How to consume the parpaṭī:

The wise physicians should take up the process of manufacturing the *parpaṭī* during the auspicious period marked by the *Bharaṇī* constellation. In the cases of problems related to gastro intestinal tract associated with *vāta* disorder, one should take the fine powder of *parpaṭī* along with two-*rattī* measure powder of fried cumin seeds and 62 mg. measure powder of asafoetida fried in *ghṛitam*. However, these powders should be consumed after the *rasaparpaṭī*. After the intake of powder one should drink water.

Note- The *rasaparpaṭī* should be consumed along with honey in 12 gm. measure. Otherwise it becomes difficult to consume.

Doses of the Rasa parpaṭī:

On first day the *parpaṭī* or *rasaparpaṭī* is to be taken in a dose of 250 mg., after that the doses should be increased by 125 mg. each day. When the amount reaches the level of 1250 mg. start decreasing the same in similar manner, i. e. 125

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mg. reduced each day. Like wise one should continue to take the medicine for 21 days.

Prescribed and forbidden meals and exercises during the period of medication:

During the period under medication one has got to avoid sleeping and sitting under swift winds and strong sun as well as facing the same. It is also harmful to get angry, to brood, to indulge in heavy exercises, doing hard work, bathing and lecturing. After the medicine is digested and the patient feels hungry he should be served with flour pudding treated with *ghṛitam*, coriander seeds, cumin seeds, turmeric and rock salt. He should also take cooked rice of *ṣaṣṭhī* varieties. He can also take leafy vegetables of black brinjal, *vāstuka*, pulse of kidney bean (*mudga*), *paṭola* and the like treated as the wheat pudding above. For mouth freshening, he should take betel nuts after meals and pieces of ginger before meals. He can also take meat of peacock, crane, partridge and wood-cutter. In fishes, he can take *mādgur*, rohu and black fishes. For drinking, one should drink water that is filtered through piece of cotton and milk added along with water in equal quantity. Ripe banana fruits are also useful during the period of medication. The following eatables are to be avoided: unripe banana fruits, leaves of *nimba* tree and powder of *nimba* seeds and vegetables that contain hot properties. One should also avoid birds and fishes of marshy region. During the period of medication speaking to the ladies is also forbidden. One should not take citrus edibles during the period of medication. He should avoid curd as well as vegetables treated with curd. Jaggery and sugarcane products are also to be avoided. Leaves of *kāravellaka* and its fruits are also forbidden. Edible should be taken after treating them in a small quantity of *ghṛitam*. If the patient feels hungry and stomach pain he can take meal even in the middle of night. During the period of medication one should take milk that has been added with equal quantity of water and that has been properly boiled. If the patient gets fever and vomitting tendency he should take coconut water and milk. If he discharges semen in dreams he should drink milk. Whenever the patient feels hungry he should drink milk.

The above suggestions and prohibitions must be adhered to. Otherwise the patient would not get cure. If taken with proper care the patients gets immediate relief from *grahaṇī* disease.

If this *parpaṭī* is taken with proper *anupānas* he can get cure from a variety of diseases including piles, colic pains, diarrhoea, jaundice, anemia, enlargement of spleen, *gulma*, dropsy, morbid hunger, *vāta roga* and 18 types of skin diseases.

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This *parpaṭī* is a great appetizer and useful in controlling the disorder of *doṣas* and the indisposition related to *āmlapitta*. It also promotes the digestive power. In fact it removes all kinds of diseases and provides longevity. Therefore, this *parpaṭī* is as good as ambrosia itself. If taken after properly worshipping God Viṣnu, it proves very effective. One could also perform offerings to local deities of one's area and the *yoginis* (female deities) therein. Ideally these offerings should be performed in a crossroad, under the *aśvattha* tree or in a crematorium. The offering should contain cooked rice, sesame seeds, the *urada* pulse beans, saffron, red strings, all put into a small earthen cups. During the offering one should also chant the prescribed *mantra*s. After performing the offering one should not look back while returning home.

The *pārada* has got three natural implications: *mala*, *vahni* and *viṣa*. The *mala* signifies the waste content of the materials, the *viṣa* signifies poisonous content, the *vhini* signifies its property which works like fire i.e. *vahni*. Therefore, it is essential to remove these implications before using *pārada*. The *ghṛitakumārī* juice controls its *mala* properties while the *triphalā* herbs check its *vahni* properties. The plant *citraka* eliminates the poisonous content of the material therefore one should process *pārada* with all the three herbs, each herb being used separately for seven consecutive times. Only after this one should start the incineration process as narrated above.

लौहपर्प्पटी–

सगौ गन्धरसौ कृत्वा कज्जलीकृत्य यत्नतः । शुद्धलौहस्य चूर्णन्तु रसतुल्यं प्रदापयेत् ।।४४४।।
एकीकृत्य ततो यत्नाल्लौहपात्रे प्रमर्दितम् । घृतप्रलिप्तदर्व्यान्तु स्वदयेन्मृदुनाऽग्निना ।।४४५।।
द्रवीभूतं समाहृत्य ढालयेत् कदलीदले । चूर्णीकृत्य सुखार्थाय पथ्यभुग्भिः प्रसेव्यते ।।४४६।।
शीतोदकानुपानंवाक्वाथोवाधान्यजीरयोः। लौहेन पर्पटी ह्येषा भक्ष्या लोकस्य सिद्धिदा ।।४४७।।
रक्तिकैकांसमारभ्यवर्द्धयेद्रक्तिकां क्रमात् । सप्ताहं वा द्वयं वाऽपि यावदारोग्यदर्शनम् ।।४४८।।
सूतिकाञ्च ज्वरांश्चैव ग्रहणीमतिदुस्तराम् । आमशूलातिसारांश्च पाण्डुरोगं सकामलम् ।।४४९।।
प्लीहानमग्निमान्द्यञ्च भस्मकञ्च तथैव च । आमवातमुदावर्त्तं कुष्ठान्यष्टादशैव तु ।।४५०।।
एवमादींस्तथारोगान्गराणि विविधानि च । हन्त्यनेन प्रयोगेण वपुष्मान् निर्मलः सुखी ।।४५१।।
जीवेद्वर्षशतं पूर्णं वलीपलितवर्जितः । भोजनं रक्तशालीनां त्वक्त्वाशाकं विदाहि च ।।४५२।।
आतपं वातकोपञ्च चिन्तनं मैथुनं तथा । प्रातरुत्थाय संसेव्या विधिनाऽऽयुःप्रवर्द्धिनी ।।४५३।।

444-453. Lauha parpaṭī :

Ingredients: Purified *pārada*, purified *gandhaka* and *lauha bhasma*.

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Process of Drug-Making: Obtain purified *pārada* and purified *gandhaka* each in 10 gm. measurement. Prepare *kajjalī* out of them and put the *kajjalī* into an iron mortar. Thoroughly mix the *lauha bhasma* measuring 10 gm. with *kajjalī* and put it into a saucepan that has been coated with *ghṛitam* from inside. Melt the preparation using smokeless fire of *badarī* wood. Prepare a platform of wet cow dung and spread soft and fresh leaves of banana over that. Spread the melted *kajjalī* over the banana leaves and press it slowly with cow dung packed in banana leaves. Following that mortar the *parpaṭī* into fine powder and store it in a glass container.

Method of use/Administration: This preparation is to be taken along with cold water or with decoction of coriander seeds and cumin seeds measuring 50 ml. Optionally, one can take this along with 30 gm. measure of *Lauhāsava* and equal amount of water. On first day the medicine is to be taken in doses of one *raktikā* (i.e. 125 mg.). Everyday the dose should be raised by 125 mg. Likewise, the patient should continue to take the medicine for one to two weeks. During the medication one should avoid facing strong sun and swift winds. He should not take leafy vegetables that produce burning sensation. Taking the red *ṣaṣṭhī* variety of rice is helpful for the patients. One should consume this medicine in the morning time after the regular washing and cleaning are performed.

Therapeutic benefits: Taken along with proper *anupānas* this medication proves very effective in indispositions related to delivery, fever, *sangrahaṇī*, colic pain, diarrhoea, jaundice, anemia, enlargement of spleen, loss of digestion, morbid hunger, *vāta roga*, *udāvarta*, 18 types of skin diseases and different kinds of poisoning. The intake of the medicine purifies the body and provides longevity up to 100 years.

स्वर्णपर्पटी–

रसोत्तमं पलं शुद्धं हेमतोलकसंयुतम् । शिलायां मर्दयेत्तावद्यावदेकत्वमागतम् ।।४५४।।
गन्धकस्य पञ्चैकमयःपात्रे ततो दृढे । मर्दयेद् दृढपाणिभ्यां यावत्कज्जलतां व्रजेत् ।।४५५।।
ततः पाकविधानज्ञः पर्पटीं कारयेत् सुधीः । रक्तिकादिक्रमेणैव योजयेदनुपानतः ।।४५६।।
ग्रहणीं विविधां हन्ति यक्ष्माणञ्च विशेषतः । शूलमष्टविधं हन्ति वृष्या सर्वरुजाऽपहा ।।४५७।।

454-457. Savarṇa Parpaṭī:

Ingredients: Purified *pārada*, *svarṇa bhasma* and purified *gandhaka*.

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Process of Drug-Making: Obtain thoroughly purified *pārada* (40 gm.) and *svarṇa bhasma* (10 gm.). Mortar them so long as both are mixed together. Put the mix in an iron mortar and add 40 gm. measure of purified *gandhaka* to it. Prepare a *kajjalī* out of mix. Gather the preparation in an iron pan and boil it. Cook the preparation using smokeless fire of the *badarī* wood. Spread the preparation on the green leaves of banana plant. See that the leaves are spread over the surface that has been coated with wet cow dung. Presss the preparation with a pack of cow dung wrapped by banana leaves. Prepare a fine powder of the *parpaṭī*.

Method of use/Administration: Take this in doses of 125 mg. Increase the dose every day by 125 mg. and continue to take it for seven days. One can use *anupānas* as per requirement.

Therapeutic benefits: This *parpaṭī* is a great medicine to check *sangrahaṇī*, tuberculosis and eight types of colic pains. It also provides a strong aphrodisiac power.

पञ्चामृता पर्पटी–

अष्टौगन्धकतोलकारसदलंलौहं तदर्द्धं शुभंलोहार्द्धञ्च वराभ्रकं सुविमलं ताम्रं तदभ्रार्थिकम् ।
पात्रेलौहमये च मर्दनविधौ चूर्णीकृतञ्चैकतोदर्व्या वादरवह्निनाऽतिमृदुना पाकं विदित्वादले ।।४५८।।
रम्भायालघुढालयेत् पटुरियं पञ्चामृता पर्पटीख्याताक्षौद्रघृतान्विताप्रतिदिनं गुञ्जाद्वयं वृद्धितः ।
लौहेमर्दनयोगतःसुविमलंभक्ष्यक्रियालौहवत्गुञ्जाष्टावथवा त्रिकत्रिगुणितं सप्ताहमेवं भजेत् ।।४५९।।
नानावर्णग्रहण्यामरुचिसमुदयेदुष्टदुर्नामकादौछर्द्यांदीर्घातिसारेज्वरभरकलिते रक्तपित्तेक्षयेऽपि ।
वृष्याणांवृष्यराज्ञीवलिपलितहरानेत्ररोगैकहन्त्रीतुन्दंदीप्तस्थिराग्निंपुनरपिनवकंरोगिदेहंकरोति।।४६०।।

458-460.Pañcāmṛita Parpaṭī:

Ingredients: Purified *gandhaka*, purified *pārada*, *lauha bhasma*, *abhraka bhasma* and *tāmra bhasma*.

Process of Drug-Making: Obtain purified *gandhaka* (80 gm.), purified *pārada* (40 gm.), *lauha bhasma* (20 gm.), *abhraka bhasma* (10 gm.) and *tāmra bhasma* (5 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and add rest of the ingredients to it. Gather the preparation in an iron pan and melt it. Cook the preparation using smokeless fire of the *badarī* wood. Spread the preparation on the green leaves of banana plant. See that the leaves are spread over the surface that has been coated with wet cow dung. Press the preparation with a pack of cow dung wrapped by banana leaves. This is called *Pañcāmṛita Parpaṭī*. Process it through iron mortar.

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Method of use/Administration: Consume this medicine in doses of two *raktikās* (i.e. 250 mg.) along with honey and *ghṛitam*. Increase the doses everyday by two *raktikās* till the level of eight *raktikā* (i.e. 1 gm.) is reached. Subsequently, reduce the doses everyday by 250 mg. till the level of 250 mg. is reached. Likewise the patient should continue to take this medicine for 21 days.

Therapeutic benefits: This medicine is very effective in checking *sangrahaṇī*, anorexia, piles, vomitting tendency, chronic diarrhoea, fever, consumption and *rakta pitta*. It provides a strong aphrodisiac power. It removes diseases of eyes and removes fat of the body. It is a great appetizer and a great nutrient.

विजयपर्पटी–

गन्धकंक्षुद्रितंकृत्वाभाव्यं भृङ्गरसेन तु । सप्तधा या त्रिधा वाऽपि पश्चाच्छुष्कं विचूर्णयेत् ।।४६१।।
चूर्णयित्वाऽऽयसे पात्रे कृत्वा वह्निगतं सुधीः । द्रुतं भृङ्गरसे क्षिप्तं तत उद्धृत्य शोषयेत् ।।४६२।।
तञ्च गन्धं पलञ्चैकं गन्धार्द्धं शुद्धपारदम् । सूतार्द्धं भस्मरौप्यञ्च तदर्द्धं स्वर्णभस्मकम् ।।४६३।।
तदर्द्धमृतवैक्रान्तं मौक्तिकञ्च विनिक्षिपेत् । एकीकृत्य ततः सर्वं कुर्यात् पर्पटिकां शुभाम् ।।४६४।।
लौहपात्रे समरसं मर्दितं कज्जलीकृतम् । वदराङ्गारवह्निस्थे लौहपात्रे द्रवीकृते ।।४६५।।
मयूरचन्द्रिकाकारं लिङ्गं वा यदि दृश्यते । आद्ययोर्दृश्यते सूतः खरपाके न दृश्यते ।।४६६।।
मृदौनसम्यग्भङ्गःस्यान्मध्यभङ्गश्च रूप्यवत् । खरे लघु भवेद्भङ्गो रूक्षसूक्ष्मोऽरुणच्छविः ।।४६७।।
मृदुमध्यौतथाखाद्यौखरस्त्याज्योविषोपमः । जराव्याधिशताकीर्णं विश्वं दृष्ट्वा पुरा हरिः ।।४६८।।
चकार पर्पटीमेतां यथा नारायणोऽमृतम् । आदौ शङ्करमभ्यर्च्य द्विजातीन् प्रणिपत्य च ।।४६९।।
प्रभाते भक्षयेदेनां प्राग्रक्तिद्वयसम्मिताम् । रक्तिकादिक्रमाद् वृद्धिर्भक्ष्या नैव दशोपरि ।।४७०।।
आरोग्यदर्शनं यावत्तावद्ध्रासस्ततः परम् । अजीर्णे भोजनं नैव पथ्यकालव्यतिक्रमे ।।४७१।।
घृतसैन्धवधन्याकहिङ्गुजीरकनागरैः । शस्यते व्यञ्जनं सिद्धं पित्ते स्वाद्वम्लमाक्षिकम् ।।४७२।।
कृष्णमत्स्येन दुग्धेन मांसेन जाङ्गलेन च । जाङ्गलेषु शशच्छागौ मत्स्यौ रोहितमद्गुरौ ।।४७३।।
पटोलफलपत्रञ्च कृष्णवार्त्ताकुजालिका । सुस्विन्नपूगैस्ताम्बूलैर्लाभे कपूरसंयुतैः ।।४७४।।
क्षुधाकालेव्यतिक्रान्तेयदि वायुः प्रकुप्यति । झिन्झिनीति शिरःशूले विरेके वमथौ तथा ।।४७५।।
तृष्णायाञ्चाधिके पित्ते नारिकेलाम्बु निर्भयम् । नारिकेलपयः पेयं द्विर्भक्ष्यं क्षीरमेव च ।।४७६।।
स्वप्नेशुक्रच्युतौचैवचम्पकंकदलीफलम् । वर्ज्यंनिम्बादिकंशाकंशाकाम्लं काञ्जिकं सुराम् ।।४७७।।
कदलीफलपत्राङ्घ्रिपुषालाबुकर्कटी । कूष्माण्डं कारवेलञ्च व्यायामो जागरं निशि ।।४७८।।
नपश्येन्नस्पृशेद्गच्छेत्स्त्रियंजीवितुमिच्छति । यद्यौषधे स्त्रियं गच्छेत् कर्त्तव्या तु प्रतिक्रिया ।।४७९।।
दुर्वारां ग्रहणीं हन्ति दुःसाध्यां बहुवार्षिकीम् । आमशूलमतीसारं सामञ्चैव सुदारुणम् ।।४८०।।
अतीसारं षडर्शांसि यक्ष्माणं सपरिग्रहम् । शोथञ्च कामलां पाण्डुं प्लीहानञ्च जलोदरम् ।।४८१।।
पक्तिशूलं चाम्लपित्तं वातरक्तं वमिं कृमिम् । अष्टादशविधं कुष्ठं प्रमेहान् विषमज्वरान् ।।४८२।।
वातपित्तकफोत्थांश्चज्वरान्हन्तिसुदारुणान् । जीर्णोऽपिपर्पटींकुर्वन् वपुषा निर्मलः सुधीः ।

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जीवेद्वर्षशतं श्रीमान् वलीपलितवर्जितः ।।४८३।।
प्रातः करोति सततं नियतं द्विगुञ्जांयस्तां स विदन्ति तुलां कुसुमायुधस्य ।
आयुश्च दीर्घमनघं वपुषः स्थिरत्वंहानिं वलीपलितयोरतुलं बलञ्च ।।४८४।।

461-484. Vijayāparpaṭī:

Ingredients: *Amlasara gandhaka*, juice of *bhṛingarāja*, purified *pārada*, silver *bhasma*, *svarṇa bhasma*, *hīraka bhasma* and *mauktika bhasma*.

Process of Drug-Making: Take 80 gm. of *amlasāra gandhaka* and obtain small pieces of it. Decoct it with the juice of *bhṛingarāja*, for seven or three times. Dry the decoction and pulverize the same. Put the churned *gandhaka* in iron pan and heat it on fire. Pour this powder in the juice of *bhṛingarāja*. Then take out *gandhaka* from *bhṛingarāja* juice and dry it. Take 48 gm. of this purified *gandhaka* along with purified *pārada* (40 gm.), silver *bhasma* (20 gm.), *svarṇa bhasma* (10 gm.), *hīraka bhasma* (5 gm.) and *mauktika bhasma* (5 gm.). Please note that the quantity is reducing by half with every additional ingredient, except for the last one. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the *bhasmas* into it. Mortar this thoroughly and fill it in a pan coated with *ghṛitam*. Cook the preparation using smokeless fire of the *bilva* wood. Spread the preparation on the green leaves of banana plant. See that the leaves are spread over the surface that has been coated with wet cow dung. Press the preparation with a pack of cow dung wrapped by banana leaves. If there appears brightness on the *parpaṭī* like the crescent moon over the feathers of a peacock and it takes a colourful complexion, it would mean that the *parpaṭī* has been perfectly prepared.

The *parpaṭī*s are cooked in three kinds.

These are *mṛidu* (soft), *khara* (sharp) and *madhya* (middle) levels of cookings. After the process of soft and middle ranges of cooking one can see a small particles of mercury around the *parpaṭī*. If the third kind is applied such particles are not visible. Alternatively one can see that through *mṛidu* cooking the *parpaṭī* is not properly bended. In application of *madhya* range of cooking the *parpaṭī* bends like the pieces of silver. After the *khara* cooking, the *parpaṭī* is easily broken after getting touched. Such type of *parpaṭī* is dry and hard in touch and have a red complexion. The *parpaṭī* obtained through *mṛidu* (soft), *khara* (sharp) range of cooking are fit for use while the third type of cooking is avoidable. The *parpaṭī* that is processed through sharp cooking is not to be used in medicines. The *parpaṭī*

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has been prepared by God Viṣṇu as he was very concerned about the misery of diseased individuals in the world.

Method to consume parpaṭī:

Take the *parpaṭī* in the morning hours after performing the regular washing and cleaning and after worshiping God Śankar as well as Brahmanas. Take this *parpaṭī* in doses of 250 mg. after getting it compounded thoroughly. One can take *anupānas* as per one's condition. Increase the doses by 125 mg. each day. However, one should not raise the doses above the limit of 1250 mg. Following that one should decrease the doses by 125 mg. each day to reach the minimum dose of 125 mg.. The patient should continue to take *parpaṭī* in like manner so long as he doesn't recover. While taking this medicine one can get indigestion due to taking unwholesome meals and diets. In such case, the patient should fast for one day. When feeling hungry he should take small quantity of meals containing *ghṛitam*, rock salt, coriander seeds, asafoetida, cumin seeds and powder of dried ginger, vegetable leaves, meat soup and fishes. If the *pitta doṣa* is vitiated the patient should take sweet dishes, honey and citrus materials. It is good to take black fishes, meat of animals like rabbit and mutton, milk and brinjal. After taking meals one should take pieces of boiled betel nuts along with camphor as a mouth freshener. If meals are not taken on time and as result of that there is a feeling of vomitting and if one gets thirsty time and again one should take coconut water. If semen is discharged in the dreams one should take coconut water as well as milk. Sporting garland of jasmine flowers is also helpful. One should take ripe banana fruit. The meals that are to be avoided include *nimba* leaves, citrus leaves, *kānji*, liquor, unripe banana fruit, cucumber, cucurbit, pumpkin and *kāravellaka*. One should also avoid taking difficult exercises and waking for long hours in night. During the period of medication one has to avoid seeing, touching and having intercourse with woman if one wants to remain live. If a patient under medication of this *parpaṭī* by mistake is indulged in such activities he should be immediately treated for the consequent indispositions. Taken along with different *anupānas* this medicine can cure a variety of ailments like *sangrahaṇī*, colic pain, diarrhoea, tuberculosis, anemia, jaundice, worm infestation, gout, skin diseases, 20 types of *prameha* (i.e. urinary disorders including diabetes), *viṣam jvara*, *vātajvara*, *pitta jvara*, *śleṣmikajvara* and severe *jvara* (*tṛidoṣaj*). If an old man consumes this *parpaṭī* regularly, he becomes healthier, stronger and lives for 100 years. Those people who, after washing and cleaning in the morning takes 250 mg. of this

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parpaṭī, gains more sperm growth and sex power. They remain youthful for a longer period.

विजयपर्पटी तन्त्रान्तरोक्ता–

रसं वज्रं हेम तारं मौक्तिकं ताम्रमभ्रकम् । सर्वतुल्येन गन्धेन कुर्याद्विजयपर्पटीम् ।।४८५।।
दुर्वारां ग्रहणीं हन्ति दुःसाध्यां बहुवार्षिकीम् । आमशूलमतीसारं चिरोत्थमतिदारुणम् ।।४८६।।
प्रवाहिकां षडर्शांसि यक्ष्माणं सपरिग्रहम् । शोथञ्च कामलां पाण्डुं प्लीहगुल्मजलोदरम् ।।४८७।।
पक्तिशूलमम्लपित्तंवातरक्तं वमिं भ्रमिम् । अष्टादशविधान् कुष्ठान् प्रमेहान् विषमज्वरान् ।।४८८।।
चतुर्विधमजीर्णञ्च मन्दाग्नित्वमरोचकम् । जीर्णोऽपि पर्पटीं कुर्वन् वपुषा निर्मलः सुधीः ।।४८९।।
जीवेद्वर्षशतं श्रीमान् वलीपलितवर्जितः ।।४९०।।
प्रातः करोति सततं नियतं द्विगुञ्जांयस्तां स विन्दति तुलां कुसुमायुधस्य ।
आयुश्च दीर्घमनघं वपुषः स्थिरत्वंहानिं वलीपलितयोरतुलं बलञ्च ।।४९१।।
जराव्याधिसमाकीर्णं विश्वं दृष्ट्वा पुरा हरः । चकार पर्पटीमेतां यथा नारायणः सुधाम् ।।४९२।।

485-492. Vijayparpaṭī as described in other Texts:

Ingredients: Purified *pārada*, *hīrak bhasma*, *svarṇa bhasma*, *rajata bhasma*, *muktā bhasma*, *tāmra bhasma* and *abhraka bhasma*.

Process of Drug-Making:. Take purified *gandhaka* equal to their combined weight (i.e. 84 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and add rest of the materials together to it. Mortar all these materials for three hours and fill it in pan coated with *ghṛitam*. Cook the preparation using smokeless fire of the *bilva* wood. Spread the preparation on the green leaves of banana plant. See that the leaves are spread over the surface that has been coated with wet cow dung. Press the preparation with a pack of cow dung wrapped by banana leaves. If there appears brightness on the *parpaṭī* like the crescent moon over the feathers of a peacock and it takes a colourful complexion, it would mean that the *parpaṭī* has been perfectly prepared. Mortar the cooled *parpaṭī* and preserve it in glass bottles.

Method of use/Administration and Therapeutic benefits: Consume this *parpaṭī* with different *anupānas* and get relief from diseases, which are old and could not cured by other medicines such as *sangrahaṇī*, *śūla* due to disordered *āma*, chronic and severe *atisāra*, *pravāhikā*, six types of piles, *yakṣamā*, *śotha*, jaundice, *pāṇḍu*, enlargement of spleen, *gulma*, *jalodara*, *pariṇāmśūla*, *āmlapitta*, *vāta rakta*, vomiting, *bhrama*, 18 types of *kuṣṭha* (skin diseases including leprosy), 20 types of *prameha* (i.e. urinary disorders including diabetes), *viṣam jvara*, four types of indigestion, loss of digestive power, anorexia and the like.

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Even if an old man consumes two *raktikās* (250 mg.) of this *parpaṭī* regularly, he becomes healthier, stronger and lives for 100 years. Those people who, after doing washing and cleansing activities during the morning takes 250 mg. of this *parpaṭī*, gains more sperm growth and sex power. They remain youthful for a longer period. This *parpaṭī* has been prepared by God Mahādeva for the welfare of mankind suffering old age.

हिरण्यगर्भपोट्टलीरसः–

एकांशोरसराजस्यग्राह्यौद्वौहाटकस्यच । मुक्ताफलस्य चत्वारो भागाः षड् दीर्घनिःस्वनात् ।।४९३।।
त्र्यंशं वलेर्वराट्याश्च टङ्गणो रसपादिकः । पक्वनिम्बूकतोयेन सर्वमेकत्र मर्दयेत् ।।४९४।।
मूषामध्ये न्यसेत् कल्कं तस्य वक्त्रं निरोधयेत् । गर्त्तेऽरत्निप्रमाणेन पुटेत्त्रिंशद्वनोपलैः ।।४९५।।
स्वाङ्गशीतलतां ज्ञात्वा रसं मूषोदरान्नयेत् । ततः खल्वोदरे मर्द्यं सुधारूपं समुद्धरेत् ।।४९६।।
एतस्यामृतरूपस्य दद्याद् गुञ्जाचतुष्टयम् । घृतमाध्वीकसंयुक्तमेकोनत्रिंशदूषणैः ।।४९७।।
मन्दाग्नौ रोगसङ्घे च ग्रहण्यां विषमज्वरे । गुदाङ्कुरे महाशूले पीनसे श्वासकासयोः ।।४९८।।
अतिसारे ग्रहण्याञ्च श्वयथौ पाण्डुके गदे । सर्वेषु कोष्ठरोगेषु यकृत्प्लीहादिकेषु च ।।४९९।।
वातपित्तकफोत्थेषु द्वन्द्वजेषु त्रिजेषु च । दद्यात् सर्वेषु रोगेषु श्रेष्ठमेतद्रसायनम् ।।५००।।

493-500. Hīraṇyagarbhpoṭṭalī Rasa:

Ingredients: Purified *pārada*, *svarṇa bhasma*, *muktā bhasma*, *Śankha bhasma*, purified *gandhaka*, *kapardika bhasma*, purified borax and lemon juice.

Process of Drug-Making: Take purified *pārada* (12 gm.), *svarṇa bhasma* (24 gm.), *muktā bhasma* (48 gm.), *śankha bhasma* (70 gm.), 36 gm. measure each of purified *gandhaka*, *kapardika bhasma* and 3 gm. measure of purified borax. Prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the ingredients into it. Thoroughly compound the mix and mortar it for three hours with lemon juice. Prepare a *kalka* out of it. Place this *kalka* in a pot and closely seal the cover of pot using jaggery and lime powder. Dig a pit in the ground and keep the medicinal pot along with 30 pieces of baked cow dung wrapping the pot from all around. After this process is complete and the pot cools down to the atmospheric temperature remove out the drug and prepare a fine powder out of that.

Method of use/Administration: Take this medicine in doses of 500 mg. along with 6 gm. measure of *ghṛitam*, 12 gm. measure of honey and powder of 29 pieces of black pepper.

Therapeutic benefits: This medicine is very effective in curing loss of digestion, *sangrahaṇī*, *viṣam jvara*, piles, sinus, bronchitis, *kāsa* (coughs), dysentery, diarrhoea, *śotha*, anemia, enlargement of spleen and liver. This

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medicine is effective in checking disorders of all the *doṣas*. This is a great *rasāyaṇa* as well.

रसेन्द्रचूर्णम्–

पलोन्मितं शुद्धसूतमाददीताथ शाणकम् । प्रत्येकं वंशजामुक्तानिरुत्थहेमभस्मनाम् ।।५०१।।
द्रावयेदहिफेनस्य शाणं क्षीरे निमज्जितम् । वस्त्रपूतेन तेनैव तत्सर्वं मर्दयेद् भृशम् ।।५०२।।
छायायामातपे वाऽथ शोषयेच्चूर्णयेत्ततः । चतुर्गुञ्जामितं चूर्णं क्षीरेण सह सेवयेत् ।।५०३।।
सक्षीरमन्नमश्नीयान्नाश्नीयाल्लवणाम्भसी । यावज्जीर्येत् तावदाद्यं पक्वमाज्येन मोदकम् ।।५०४।।
शौचमाचमनं कार्यमग्निपूतेन वारिणा । वाससाऽऽच्छादयेद्देहं न स्नायादस्य सेवकः ।।५०५।।
अत्रानुवर्त्तयेत्सर्वान् नियमान् रससेविनाम् । चूर्णं रसेन्द्रनामेदं रसे श्रेष्ठं रसायनम् ।।५०६।।
नाशयेद् ग्रहणीं कृत्स्नां रक्तातीसारसूतिके । अग्निमान्द्यादिकं जित्वा
दीपयेज्जठरानलम् ।।५०७।।
पुष्टं हृष्टं बलिष्ठञ्च नरं कुर्याद्धिताशनम् ।।५०८।।

501-508. Rasendra Cūrṇam :

Ingredients: *Rasa sindūra*, *vanśalocana*, *muktā bhasma*, purified *svarṇa bhasma*, purified opium and milk.

Process of Drug-Making: Take 46 gm. measure of *rasa sindūra* and 3 gm. measure each of *vanśalocana*, *muktā bhasma* and purified *svarṇa bhasma* and mortar them together. Obtain purified opium measuring 3 gm. and dissolve it in 80 ml. measure of milk. Filter it with a piece of cloth and mix this milk with the above-mentioned pulverized compound. Subsequently, mortar this compound continuously for three hours. Perform this process both in shade and under direct sun. When the compound becomes dry, preserve it in glass bottles.

Method of use/Administration: Consume this medicine in doses of 500 mg. along with milk. When feeling hungry the advised diets in such cases include milk and rice. One should avoid salty preparations, leaves and cold water. Once the medicine is digested, one should eat small ball shaped lumps (*laddoo*) made up of loaf (cooked in *ghṛiṭam* and baked wheat), grapes and other aromatic drugs. One should use warm water while going for toilets and bathing. He should drink only warm water. After consuming the medicine the patient should be made to sleep and his body should be covered with clothes. While consuming this medicine the patient should not take bath. In such cases one should strictly follow all the conditions prescribed for diet and other related issues.

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Therapeutic benefits: This medicine is known as *Rasendra Cūrṇa* and is more effective than any other medicine of its kind. This medicine is capable of curing all types of *sangrahaṇī*, *raktātisāra*, delivery related diseases and weak digestive power. It is a great stomachiac and appetizer. Regular consumers of this medicine become more healthy and strong.

पूर्णकलावटिका (र. सा. सं.)–

रसं गन्धं घनं लौहं धातकीपुष्पबिल्वकम् । विषं कुटजबीजञ्च पाठाजीरकधान्यकम् ।।५०९।।
रसाञ्जनं टङ्कणञ्च शिलाजतु फलं तथा । अभ्रकञ्च तथा ग्राह्यं प्रत्येकं तोलकत्रयम् ।।५१०।।
भेकपर्णी पञ्चमूली बलाकञ्चटदाडिमम् । शृङ्गाटं केशरं जम्बु दधिमस्तु जयन्तिका ।।५११।।
केशराजं भृङ्गराजं प्रत्येकं तोलकद्वयम् । द्विमाषा वटिका कार्या तक्रेण परिसेविता ।।५१२।।
इयं पूर्णकला नाम ग्रहणीगदनाशिनी । शूलघ्नी दाहशमनी वह्निदा ज्वरनाशिनी ।।
भ्रमच्छर्दिच्छेदकरी संग्रहग्रहणीं जयेत् ।।५१३।।

509-513. Pūrṇakalā Vātika :

Ingredients: Purified *pārada*, purified *gandhaka*, *mustā*, *lauha bhasma*, flowers of *dhātakī* plant, dried pulp of unripe *bilva* fruit, purified *vatsnābha viṣa*, *indrayava*, *pāṭhā*, white cumin seeds, coriander seeds, *rasāñjana*, purified borax, *śilājita*, *jātīphala*, *abhraka bhasma*, *maṇḍuka parṇī*, *pañcamūlī* i.e. *śālaparṇī*, *priṣṭhiparṇī*, root of bigger *kanṭakārī*, root of lesser *kanṭakārī*, *gokṣura*, root of *balā*, *jāla pippalī*, bark of pomegranate, *śṛīngāṭaka*, *nāgakeśara*, stone of black berry (*jambū*), water from the top layer of curd, *jayantīpatra*, *keśarāja* and *bhṛingarāja*.

Process of Drug-Making: Take 35 gm. measure powder each of purified *pārada*, purified *gandhaka*, *mustā*, *lauha bhasma*, flowers of *dhātakī* plant, dried pulp of unripe *bilva* fruit, purified *vatsnābha viṣa*, *indrayava*, *pāṭhā*, white cumin seeds, coriander seeds, *rasāñjana*, purified borax, *śilājita*, *jātīphala*, *abhraka bhasma* and 23 gm. measure powder each of *maṇḍuka parṇī*, *pañcamūlī* i.e. *śalparṇī*, *priṣṭhiparṇī*, root of bigger *kanṭakārī*, root of lesser *kanṭakārī*, *gokṣura*, root of *balā*, *jāla pippalī*, bark of pomegranate, *śṛīngāṭaka*, *nāgakeśara*, stone of black berry (*jambū*), water from the top layer of curd, *jayantīpatra*, *keśarāja*, and *bhṛingarāja*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and add rest of the materials to it. Mortar all these materials together along with water. Prepare pills measuring 2 gm. (modern dose 4 gm.) and preserve them in glass bottle after drying.

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Method of use/Administration: Eat this pill and drink buttermilk.

Therapeutic benefits: This pill is known as *Pūrṇakalā Vātika*. It provides relief from *grahaṇī*, *śūla*, burning sensation in hands and legs, fever, *bhrama*, vomitting and *sangrahaṇī*. It also increases digestive power.

(*Rasendra Sār Sangraha*)

शम्बूकादिवटी (र. सा. सं.)–

दग्धशम्बूकसिन्धूत्थं तुल्यं क्षौद्रेण मर्दयेत् । माषैकेण निहन्त्याशु वातसंग्रहणीगदम् ।।५१४।।

514. Śambūkādi Vaṭī :

Ingredients: *Śambūka bhasma* (*kṣudra śankha* or *jala śukti*), rock salt and honey.

Process of Drug-Making: Take equal parts of *śambūka bhasma* (*kṣudra śankha* or *jāla śukti*) and rock salt. Pulverize them together. Subsequently, mortar this compound with honey and prepare pills in measurement of 1 gm. each. Dry and preserve them in glass bottles.

Therapeutic benefits: This pill is called as *Śambūkādi Vaṭī* and it cures *sangrahaṇī* disease caused due to disorder in *vāta*.

(*Yoga Ratnākar*)

अगस्त्यसूतराजो रसः (यो. र.)–

रसवलिसमभागं तुल्यहिङ्गूलयुक्तंद्विगुणकनकबीजं नागफेनेन तुल्यम् ।
सकलविहितचूर्णं भावयेद् भृङ्गनीरैर्ग्रहणिजलधिशोषे सूतराजो ह्यगस्त्यः ।।५१५।।
त्रिकटुकमधुयुक्तः सर्ववान्तिं च शूलंकफपवनविकारान् वह्निमान्द्यं च निद्राम् ।
घृतमरिचयुतोऽयं रक्तिमात्रः प्रवाहींहरति षडतिसाराञ्जीरजातीफलाभ्याम् ।।५१६।।

515-516. Agastya Sūta Rāja Rasa:

Ingredients: *Rasa*, *bali*, *hiñgula*, *ahiphena*, purified seeds of *dhustūra* and juice of *bhṛingarāja*.

Process of Drug-Making: Get *rasa* (10 gm.), *bali* (10 gm.), *hiñgula* (20 gm.), *ahiphena* (40 gm.), and purified seeds of *dhustūra* (40 gm.). Prepare *kajjalī* out of the *pārada* and *gandhaka* and mix into it the rest. Get the compound triturated and triturated through juice of *bhṛingarāja*.

Method of use/ Administration and Therapeutic benefits: As the sage Agastya had once consumed the large ocean, this medicine is capable to eliminate

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the extensive disease of *sangrahaṇī*. Hence, its name *Agastya Sūta Rāja Rasa*. It is to be taken in the dose of 125-190 mg. It is taken with *tṛikaṭu* herbs-powder and *madhuyaṣṭī* to cure the cases of vomiting, coilc pain, coughs, gas and lost appetite. If taken along with *ghṛitam* and powder of *marica*, the medicine cures dysentery. If taken along with *jīraka* and *jātīphala*, the medicine cures six types of diarrhoea.

(*Yoga Ratnākar*)

अग्निसूनुरसः (यो. र.)–

भागोदग्धकपर्दकस्यचतथाशङ्खस्यभागद्वयंभागो गन्धकसूतयोर्मिलितयोः पिष्ट्वा मरीचादपि ।
भागस्यत्रितयंनियोज्यसकलंनिम्बूरसैर्मर्दितंनाम्नावह्निसुतोरसोऽयमचिरान्मान्द्यंजयेद्दारुणम् ।।५१७।।
घृतेनखण्डैःसहभक्षितोऽसौक्षीणान् नरान् हस्तिसमान् करोति ।
समागधीचूर्णघृतेन लीढ्वा मुक्तो भवेत् संग्रहणीविकारात् ।।५१८।।
शोषज्वरारोचकशूलगुल्मान् पाण्डूदरार्शोग्रहणीविकारान् ।
तक्रानुपानो जयति प्रमेहान् युक्त्या प्रयुक्तोऽग्निसुतो रसेन्द्रः ।।५१९।।

517-519. Agnisūnu Rasa :

Ingredients: *Kapardika bhasma*, *śankha bhasma* and lemon juice.

Process of Drug-Making: Obtain 10 gm. measure of *kapardika bhasma*, 20 gm. measure of *śankha bhasma*, 10 gm. measure of *kajjalī* prepared out of equal parts of *pārada* and *gandhaka* and 30 gm. measure of black pepper powder. Mortar all these materials along with lemon juice for 12 hours and prepare pills measuring 500 mg. each. Dry them and preserve them in glass bottles.

Method of use/Administration: This medicine should be consumed in doses of 12 gm. along with 12 gm. each of cow *ghṛitam* and jaggery. If this medicine is given along with powder of *pippalī* (500 mg.) and *ghṛitam* (6 gm.), it can check vitiated *grahaṇī*. Consume the medicine with *takra* (buttermilk) to get relief from *grahaṇī* and *arśa* (piles).

Therapeutic benefits: This medicine is popular as *vahnisuta* (*agnisūnu*) and cures severe loss of digestives power. Regular intake of this medicine makes weak persons as strong as elephant. If consumed with different *anupānas*, it can cure diseases like *śoṣa*, fever, anorexia, *śūla*, *gulma*, *pāṇḍu*, problems related to gastro intestinal tract, piles, vitiated *grahaṇī* and *prameha* (i.e. urinary disorders including diabetes).

(*Yoga Ratnākar*)

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दुग्धवटी–

गृहीत्वा दरदात्कर्षं तदर्धं देवपुष्पकम् । फणिफेनं विषं जातीफलं धुस्तूरवीजकम् ।।५२०।।
संमर्द्य विजयाद्रावैर्मुद्गमात्रां वटीं चरेत् । अनुपानं प्रदातव्यं शोथे क्षीरं भिषग्वरः ।।५२१।।
ग्रहण्यांविजयाक्वाथः पथ्यं दुग्धान्नमेव हि । जलं च लवणं चाषि वर्जनीयं विशेषतः ।।५२२।।
प्रबलायामुदन्यायां सलिलं नारिकेलजम् । पातव्यं गुटिका चैषा शोथं हन्ति न संशयः ।।५२३।।
ग्रहणीमतिसारं च ज्वरं जीर्णं निहन्ति च ।।५२४।।

520-524. Dugdha Vaṭī :

Ingredients: Purified *darada*, purified clove, *ahiphena* (opium), *viṣa*, *jātīphala*, seeds of *dhustūra* and juice of *vijayā*.

Process of Drug-Making: Get the following materials: purified *darada* (singrifa) (10 gm.) and 5 gm. measure each of purified clove, *ahiphena* (opium), *viṣa*, *jātīphala* and seeds of *dhustūra*. Sieve them through cloth and mortar them in juice of *vijayā* (20 ml.). Prepare pills similar to the size of 60 mg.

Method of use/Administration: After diagnosing the condition of patient, give one to two pills with milk in cases of *śotha* and with decoction of *vijayā* in cases of *sangrahaṇī*. Taking milk with rice is a recommended diet. Salt and water should be strictly avoided by the patient. If the patient badly needs water then give him coconut water.

Therapeutic benefits: Intake of this pill cures severe *śotha*, *grahaṇī*, *atisāra* and *jīrṇajvara*.

दुग्धवटी (द्वितीया)–

अमृतं सूर्यगुञ्जं स्यादहिफेनं तथैव च । षड्रक्तिकमयश्चापि षष्टिरक्तिकमभ्रकम् ।।५२५।।
दुग्धैर्गुञ्जाद्वयमिता वटी कार्या भिषग्विदा । दुग्धानुपानं दुग्धञ्च भोजनं सर्वथा हितम् ।।५२६।।
शोथं नानाविधं हन्ति ग्रहणीं विषमज्वरम् । मन्दाग्निं पाण्डुरोगं च नाम्ना दुग्धवटी परा ।
वर्जयेल्लवणं वारि व्याधिनिःशेषितावधि ।।५२७।।

525-527. Dugdah Vaṭī (Second Recipe):

Ingredients: Purified *vatsanābha viṣa*, opium, *kāntalauha bhasma*, *abhraka bhasma* and milk.

Process of Drug-Making: Take 1500 mg. each of purified *vatsanābha viṣa* and opium, 750 mg. of *kāntalauha bhasma* and 7500 mg. of *abhraka bhasma*. Mortar these materials and treat the compound with milk through *bhāvanā* process. Mortar again and prepare pills measuring 250 mg. each.

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Method of use/Administration: Take one pill daily during morning along with milk. Advised diet is milk with rice. Salt and water are strictly prohibited during this medication.

Therapeutic benefits: This pill is known as *Dughdha Vaṭī* and it cures various types of *sangrahaṇī*, *viṣam jvara*, loss of digestive power and *pāṇḍu*. This pill is the superior one in its kind of medicines.

पञ्चामृतमण्डूरम्–

लौहं ताम्रं गन्धमभ्रं पारदञ्च समांशकम् । त्रिकटु त्रिफला मुस्तं विडङ्गं चित्रकं तथा ।।५२८।।
किरातं देवकाष्ठञ्च हरिद्राद्वयपुष्करम् । यमानी जीरकं युग्मं शटी धान्यं च चव्यकम् ।।५२९।।
प्रत्येकंलौहभागञ्चश्लक्ष्णचूर्णन्तु कारयेत् । सर्वचूर्णस्य चार्द्धांशं सुशुद्धं लौहकिट्टकम् ।।५३०।।
गोमूत्रे पाचयेद्वैद्यौ लौहकिट्टाच्चतुर्गुणे । पौनर्नवाष्टगुणितं क्वाथं तत्र प्रदापयेत् ।।५३१।।
सिद्धेऽवतारिते चूर्णं मधुनः पलमात्रकम् । भक्षयेत्प्रातरुत्थाय कोकिलाख्यानुपानतः ।।५३२।।
ग्रहणींचिरजांहन्तिसशोथांपाण्डुकामलाम् । अग्निञ्च कुरुते दीप्तं ज्वरं जीर्णं व्यपोहति ।।५३३।।
प्लीहगुल्मौ यकृच्चैवमुदरञ्च विशेषतः । कासं श्वासं प्रतिश्यायं कान्तिपुष्टिविबर्द्धनम् ।।५३४।।

528-534. Pañcāmṛita Manḍūram:

Ingredients: *Lauha bhasma*, *tāmra bhasma*, *gandhaka bhasma*, *abhraka bhasma*, purified *pārada*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *vāyaviḍanga*, root of *citraka*, *kirātatikta*, *devadāru*, *haridrā*, *dāru haridrā*, *puṣkaramūla*, caraway seeds, white and black cumin seeds, *karcūra*, coriander seeds, *cavya*, purified *manḍūra*, decoction of *punarnavā* root and honey.

Process of Drug-Making: Take powders of the following in measurement of 20 gm. each: *lauha bhasma*, *tāmra bhasma*, *gandhaka bhasma*, *abhraka bhasma*, purified *pārada*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *vāyaviḍanga*, root of *citraka*, *kirātatikta*, *devadāru*, *haridrā*, *dāru haridrā*, *puṣkaramūla*, caraway seeds, white and black cumin seeds, *karcūra*, coriander seeds and *cavya*. Take properly purified *manḍūra* half to the combined weight of all the previous materials (i.e. 250 gm.). Cook this *manḍūra* in 1 litre measure of cow urine. Later add 2 litre of decoction of *punarnavā* root to the preparation and cook it again. When the recipe is half cooked add to it all the above mentioned ingredients from *lauha bhasma* through *cavya*. While cooking, stir the preparation with a large spoon. Remove the cooked preparation and let it cool down. Add 50 gm. measure of honey to the cooled preparation and put it in glassware or earthen ware.

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Method of use/Administration: Consume this medicine in doses of 500 mg. to 1 gm. during morning hours along with decoction of *kokilākṣa*.

Therapeutic benefits: This medicine is also known as *Pañcamṛita lauha Maṇḍūra* and if consumed with different *anupānas*, it can cure *sangrahaṇī* accompanied with old *śotha*, *pāṇḍu*, jaundice, *jīrṇajvara*, spleenomegaly, *gulma*, enlargement of liver, problems related to gastro intestinal tract, cough, asthma and *pratiśyāya*. It also increases digestive power and makes a person healthier.

(*Ras Caṇḍānśu*)

खटिकाऽऽदिपेया–

पलप्रमाणा खटिका सिताऽर्द्धपलोन्मिता तत्समभागयुक्तः ।
बब्बूलनिर्यासक एककर्षोन्मिता पृथग् दारुसिता शताह्वा ।।५३५।।
संगृह्यसर्वंचबिचूर्ण्यकिंचित्पलाष्टकोन्मानयुतेतुनीरे ।
मृत्पात्रसंस्थेऽधिनिशंतदेवसंस्थापनीयं भिषजाप्रयत्नाद् ।।५३६।।
प्रातश्चसंस्राव्यपिबेत्तदीयमच्छांशमद्धोपरिवर्त्तमानम् ।
प्रवाहिकायांग्रहणीगदेचतथाऽस्रपित्तेतदतीव शस्तम् ।।५३७।।
तथाऽम्लपित्तेतुलवङ्गधान्ययुतंप्रयोज्यंतदपायवेदिना ।
रक्तातिसारेऽपिचबिल्वपेशीचूर्णान्वितं तूर्णफलप्रदञ्च ।।५३८।।
एतत्तु वैद्यैर्बहुशोऽनुभूतं भूतं च मत्वैष मयाऽतिपूतम् ।
लोकोपकृत्यैकृतिनात्रनामन्यधायि पेया खटिकाऽऽदिनाम्नी ।।५३९।।

535-539. Khatikādi peya:

Ingredients: Lime powder, sugar, gum obtained from *babūla* plant, aniseeds, cinnamon and water.

Process of Drug-Making: Take the ingredients in the following measures: lime powder (40 gm.), sugar (20 gm.), gum obtained from *babūla* plant (20 gm.), aniseeds (10 gm.) and cinnamon (10 gm.). Churn all these materials thickly and put the compound in an earthen pitcher filled with 375 ml. measure of water. Keep the compound in the pitcher for the whole night. On the morning, sieve the top layer of this water with a piece of cloth.

Method of use/ Administration and Therapeutic benefits: Give the medicine for drinking to the patients. This sour liquid is very effective in curing *sangrahaṇī* and *rakta pitta*. If the same is consumed along with powders of clove and coriander seeds, it cures *āmla pitta* and *raktātisāra* if taken along with 5 gm. measure powder of pulp of unripe *bilva* fruit. This medicinal liquid is very

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beneficial and should be used in the cases of the above diseases. Physicians have also experienced its efficiency therefore for the benefit of people the author has mentioned it.

अजाज्यादिचूर्णम्–

पलद्वन्द्वमजाज्यास्तु पलैकं यावशूकजम् । अम्बुदं द्विपलं ज्ञेयं फणिफेनपलं तथा ।।५४०।।
अर्कमूलभवं चूर्णं चतुष्पलमितं स्मृतम् । अजाज्यादिकमेतद्धि हन्त्युग्रं ग्रहणीगदम् ।।५४१।।
सरक्तामथ नीरक्तमतिसारं सुदारुणम् । ज्वरातिसारं शमयेद्विसूचीं घोररूपिणीम् ।।५४२।।

540-542. Ajājyādi Cūrṇam:

Ingredients: White cumin seeds, *yavakṣāra*, powder of *sugandhabālā*, purified opium and powder of *ark* plant's root.

Process of Drug-Making: Get powder of white cumin seeds (80 gm.), *yavakṣāra* (40 gm.), powder of *sugandhabālā* (80 gm.), purified opium (40 gm.) and powder of ark plant's root (180 gm.). Mortar all these materials and preserve it.

Therapeutic benefits: This compound is called *Ajājyādi Cūrṇa* and it cures diseases like severe *grahaṇī* accompanied with bleeding or *atisāra* without bleeding, *jvaratisāra* and severe *viṣūcīkā*.

चुक्रसन्धानम् (स्वल्पम्)–

यन्मस्त्वादिशुचौ भाण्डे सगुडक्षौद्रकाञ्जिकम् । धान्यराशौ त्रिरात्रस्थं शुक्तं चुक्रं तदुच्यते ।।
द्विगुणं गुडमध्वारनालमस्तु क्रमाद्विदुः ।।५४३।।

543. Preparation of Cukra (Minor Variety):

This recipe is prepared by keeping *mastu*, jaggery, honey and *kānjika* in a clean-vessel and by storing it inside a heap of grains for three nights. It is called *śukta* or *cukra*. In this recipe one part of jaggery, two parts of honey, four parts of *aranāla* and eight parts of *mastu* should be used.

(Cakradatt)

चुक्रसन्धानम् (बृहत्)–

प्रस्थं तण्डुलतोयतस्तुषजलात् प्रस्थत्रयं चाम्लतःप्रस्थार्द्धं दधितोऽम्लमूलकपलान्यष्टौ गुडान्मानिके ।
मान्यौ शोधितशृङ्गवेरशकलाद् द्वे सिन्ध्वजाज्योः पले द्वे कृष्णोषणयोर्निशापलयुगं निक्षिप्यभाण्डे दृढे ।।५४४।।
स्निग्धे धान्ययवादिराशिनिहितं घस्त्रत्रयं स्थापयेद्ग्रीष्मे तोयधरात्यये च चतुरो वर्षासु पुष्पागमे ।

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षट् शीतेऽष्टदिनान्यतः परमिदं विश्राव्य संचूर्णयेच्चातुर्जातपलेनसंहतमिदं शुक्तञ्च चुक्रञ्च तत् ।।५४५।।
हन्याद्वातकफामदोषजनितान्नानाविधानामयान्दुर्नामानि च शूलगुल्मजठरान् हत्वाऽनलं दीपयेत् ।।५४६।।

544-546. Preparation of Cukra (Major Variety):

Ingredients: Rice-washing, *tuṣāmbu*, *āmla* (sour-juice or *kānjika*), *āmla mūlaka*, jaggery, *śṛīngavera*, rock salt, *ghṛita*, *kṛiṣṇā*, *uṣna* and *niśā*.

Process of Drug-Making: 750 ml. of rice-washing, 750 ml. of *tuṣāmbu*, curd measuring 375 gm., 375 gm. of *āmlamūlaka* (stale pieces of radish kept into *kānji*), 375 gm. of old jaggery and 750 gm. of *śṛīngavera* (pieces of ginger), 93 gm. of each of rock salt, white variety of cummin seeds, *kṛiṣṇā*, *uṣna* and *niśā* should be kept in a strong earthen jar coated with *ghṛitam* inside. This jar should be stored inside a heap of grains, barley, etc. for three days in summer, for four days in autumn, for six days in rainy season and spring and for eight days in winter. Thereafter, the fermented liquid should be strained and treated with the *cāturjāta* herbs each in measure of 12 gm. and each finely powdered. This is called *śukta* or *cukra* of major variety.

Therapeutic benefits: It cures different types of diseases caused by *vāyu*, *kapha* and *āma*, including piles, colic-pain, *gulma* (phantom tumour) and *jaṭhara* (abdominal diseases including ascites). It stimulates the suppressed power of digestion.

(Cakradatt)

आयामकाञ्जिकम्–

वाट्यस्यदद्याद्यवशक्तुकानां पृथक्पृथक्चाढकसंमितन्तु ।
मध्यप्रमाणानिचमूलकानि दद्याच्चतुःषष्टिसुकल्पितानि ।।५४७।।
द्रोणेऽम्भसःप्लाव्यघटेसुधौते दद्यादिदं भेषजजातयुक्तम् ।
क्षारद्वयंतुम्बुरुबस्तगन्धा धनीयकंस्याद्विडसैन्धवञ्च ।।५४८।।
सौवर्चलं हिङ्गुशिवाटिकाञ्च चव्यञ्चदद्याद्द्विपलप्रमाणम् ।
इमानिचान्यानिपलोन्मितानि विजर्जरीकृत्यघटेक्षिपेच्च ।।५४९।।
कृष्णामजाजीमुपकुंचिकाञ्च तथासुरींकारविचित्रकञ्च ।
पक्षस्थितोऽयं बलवर्णदेहवयस्करोऽतीव बलप्रदश्च ।।५५०।।
काञ्जीवयामीतियतः प्रवृत्तस्तत्काञ्जिकेतिप्रवदन्ति चैनम् ।
आयामकालाज्जरयेच्चभुक्तमायामकेति प्रवदन्ति तज्ज्ञाः ।।५५१।।

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दकोदरंप्लीहरुजां च गुल्मं हृद्रोगमानाहमरोचकञ्च ।
मन्दाग्नितां कोष्टगतं च शूलमर्शोविकारान् सभगन्दरांश्च ।।५५२।।
वातामयानाशुनिहंति सर्वान् संसेव्यमानोविधिवन्नराणाम् ।

547-552. Āyāma Kānjika:

Ingredients: Barley grains (containing no peels), water, *vāṭya*, *yava śaktu*, *mūlakas* (i.e. pieces of radish), both types of *kṣāra*, *tumburu*, *vastagandhā* (caraway seeds) coriander seeds, *viḍa*, *saindhava*, *sauvarcala*, *hingu*, *śivātikā*, *cavya*, *kṛiṣṇā*, *ajājī*, *upa kuncikā*, *Āsurī*, *karavī* and *citraka*.

Process of Drug-Making: *Vāṭya* is a preparation that is obtained by decocting barley grains (containing no peels) in water measuring 14 times of the grains. Obtain 3 kg. of each of *vāṭya* and *yava śaktu*, *kalka* of sixty-four *mūlakas* of medium size and 13 litre of water and keep them together in a clean jar. To this, coarse powder of 100 gm. of each of both the type of *kṣāra*, *tumburu*, *vastagandha*, coriander seeds, *viḍa*, *saindhva*, *sauvarcala*, *hingu*, *śivātika* and *cavya* and 50 gm. of each of *kṛiṣṇā*, *ajājī*, *upa kuncikā*, *Āsurī*, *karavī* and *citraka* should be added and kept for a fort-night.

Therapeutic benefits: This promotes strength, complexion, physique and longevity. It is called *kānjika* because it has come to existence with the query "whom (*kam*) should I make to live (*jivayami*)". Since it digests food in three hours time (*yāma*) it is prefixed with the term *yāma*. If appropriately taken, it instantaneously cures spleen disorders, *gulma* (phantom-tumour), *udara* (abdominal diseases), heart-disease, *ānāha* (distension of abdomen associated with constipation), anorexia, suppressed power of digestion, colic-pain in the abdomen (*koṣṭha*), piles, fistula-in-ano and *vātika* diseases of all kinds.

अष्टपलं घृतम् (च. द.)–
त्र्यूषणत्रिफलाकल्केबिल्वमात्रेगुडात्पले । सपिषोऽष्टपलंपक्त्वा मात्रां मन्दानलः पिबेत् ।।५५३।।

553. Aṣṭapalam Ghṛitam:

Ingredients: Dried ginger, *pippalī*, black pepper, *haraḍa*, *vibhītaka*, *āmalakī*, jaggery and *mūrcchita ghṛitam*.

Process of Drug-Making: Take mixture comprising equal parts (i.e. 12 gm. each) of dried ginger, *pippalī*, black pepper, *haraḍa*, *vibhītaka* and *āmalakī*. Also take jaggery measuring 46 gm. and make a *kalka* of all these materials. Obtain *mūrcchita ghṛitam* (375 mg.) and water (1.5 lire). Cook all these together and obtain medicinal *ghṛitam*.

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Method of use/Administration: The dosage should be decided after diagnosing the strength and digestion power of the patient

Therapeutic benefits:. This medicine cures *grahaṇī* and loss of digestive power.

(Cakradatt)

बिल्वगर्भघृतम्–

मसूरस्य कषायेण बिल्वगर्भं पचेद् घृतम् । हन्ति कुक्ष्यामयान् सर्वान् ग्रहणीपाण्डुकामलाः ।
केवलं व्रीहिप्राण्यङ्गक्वाथो व्युष्टस्तु दोषलः ।।५५४।।

554. Bilvagarbha Ghṛitam:

Ingredients: *Masūra* (lentil) decoction, *kalka* made from pulp of unripe *bilva* fruit and *mūrcchita ghṛitam*.

Process of Drug-Making: Obtain 4 litre quantity of *masūra* (lentil) decoction, one-quarter quantity (250 mg.) of *kalka* made from pulp of unripe *bilva* fruit and 1 litre of *mūrcchita ghṛitam*. Cook methodologically and obtain the medicated *ghṛitam*.

Method of use/Administration: This *ghṛitam* should be taken in doses of 5 mg. to 10 mg. along with lukewarm milk and water. The medicinal *ghṛitam* should be used in one day only because after one day the same starts staling and it is no longer beneficial.

Therapeutic benefits: This gives relief from all problems related to gastro intestinal tract, *grahaṇī*, *pāṇḍu* and jaundice.

(Cakradatt)

शुण्ठीघृतम्–

विश्वौषधस्य गर्भेण दशमूलजले श्रृतम् । घृतं निहन्याच्छ्वयथुं ग्रहणीसामतामयम् ।।५५५।।

555. Śunṭhī Ghṛita:

Mūrcchita Ghṛitam (1 kg.), boiled with the decoction of *daśamūla* herbs (4 litres) and *kalka* of *viśvāuṣadha* (250 mg.) cures edema, sprue-syndrome and diseases associated with disordered *āma*.

(Cakradatt)

नागरघृतम्–

घृतं नागरकल्केन सिद्धं वातानुलोमनम् । ग्रहणीपाण्डुरोगघ्नं प्लीहकासज्वरापहम् ।।५५६।।

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556. Nāgara Ghṛitam:

Ingredients: *Mūrcchita ghṛitam* (1 kg.) and *kalka* (250 ml.) made of dried ginger.

Process of Drug-Making: This is a *ghṛita-pāka* based formula.

Method of use/Administration: Consume this medicinal *ghṛitam* daily in doses of 5 g. to 10 g. along with warm milk and water.

Therapeutic benefits: This corrects *vāyu*, *grahaṇī*, *pāṇḍu*, enlargement of spleen, *kāsa* (coughs) and fever.

(Cakradatt)

चित्रकघृतम्–

चित्रकक्वाथकल्काभ्यांग्रहणीघ्नं श्रृतं हविः । गुल्मशोथोदरप्लीहशूलार्शोघ्नं प्रदीपनम् ।।५५७।।

557. Citraka Ghṛita:

Mūrcchita Ghṛitam(1 kg.), boiled with the decoction (4 litres) and *kalka* (250 mg.) of *citraka* cures sprue-syndrome, *gulma*, edema, *udara* (abdominal diseases) and piles. It also stimulates the power of digestion.

(Cakradatt)

बिल्वादिघृतम्–

बिल्वाग्निचव्यार्द्रकशृङ्गवेरक्वाथेन कल्केन च सिद्धमाज्यम् ।
सच्छागदुग्धं ग्रहणीगदोत्थशोथाग्निमान्द्यारुचिनुद् वरिष्ठम् ।।५५८।।

558. Bilvādya Ghṛita:

Mūrcchita Ghṛitam (1 kg.), boiled with *bilva*, *agni*, *cavya*, *ārdraka*, *śṛingavera* and goat's milk (each taken in measure of 850 gm.) is excellent for the cure of sprue-syndrome, piles, edema, suppressed power of digestion and anorexia.

Note: Three parts of the herbs should be used in making a decoction and one part of them should be used to prepare a *kalka*. Both of the decoction and *kalka* should be used in the preparation.

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चांगेरीघृतम्–

नागरंपिप्पलीमूलंचित्रको हस्तिपिप्पली । श्वदंष्ट्रा पिप्पली धान्यं बिल्वं पाठा यमानिका ।।५५९।।
चाङ्गेरीस्वरसे सर्पिः कल्कैरेतैर्विपाचयेत् । चतुर्गुणेन दध्ना च तद्घृतं कफवातनुत् ।।५६०।।
अर्शांसि ग्रहणीदोषं मूत्रकृच्छ्रं प्रवाहिकाम् । गुदभ्रंशार्तिमानाहं घृतमेतद्व्यपोहति ।।५६१।।

559-561.Cāngerī Ghṛita:

Ingredients: *Mūrcchita Ghṛitam*, juice of *cāngerī* and the *kalka* of *nāgara*, *pippalī mūla*, *citraka*, *hastipippalī*, *śvadamṣṭra*, *pippalī*, *dhānya*, *bilva*, *pāṭhā* and *yavanikā*.

Process of Drug-Making: This is a *ghṛita-pāka* based formula.

Therapeutic benefits: It cures piles, sprue-syndrome, *dysuria*, dysentery, prolapsed rectum, pain in anal region and *ānāha* (constipations).

(Cakradatt)

मरिचाद्यं घृतम्–

मरिचं पिप्पलीमूलं नागरं पिप्पली तथा । भल्लातकं यमानी च विडङ्गं हस्तिपिप्पली ।।५६२।।
हिङ्गु सौवर्चलञ्चैव विडसैन्धवमेव च । सामुद्रं सयवक्षारं चित्रको वचया सह ।।५६३।।
एतैरर्द्धपलैर्भागैर्घृतप्रस्थं विपाचयेत् । दशमूलीरसे सिद्धं पयसा द्विगुणेन च ।।५६४।।
मन्दाग्नीनां हितं श्रेष्ठं ग्रहणीदोषनाशनम् । विष्टम्भमामदौर्बल्यं प्लीहानञ्चापकर्षति ।।५६५।।
कासं श्वासं क्षयञ्चापि दुर्नाम सभगन्दरम् । कफजान् हन्ति रोगांश्च वातजांन् क्रिमिसम्भवान् ।
तान् सर्वान्नाशयत्याशु शुष्कं दावानलो यथा ।।५६६।।

562-566.Maricādya Ghṛita:

Ingredients: *Mūrcchita Ghṛitam*, decoction of *daśamūla* herbs and milk, and the *kalka* of 24 gm. each of *marica*, *pippalīmūla*, *nāgara*, *pippalī*, *bhallātaka*, *yavānī*, *viḍanga*, *hastipippalī*, *hingu*, *sauvarcala*, *viḍa*, *cavya* rock salt, *samudra*, *yavakṣāra*, *citraka* and *vacā*.

Process of Drug-Making: This is a *ghṛita-pāka* based formula. 750 gm. of *mūrcchita ghṛitam* should be heated with the decoction of *daśamūla* herbs (6 litres) and milk (1.5 litres), and the *kalka* of 23 gm. each of *marica*, *pippalīmūla*, *nāgara*, *pippalī*, *bhallātaka*, *yavānī*, *viḍanga*, *hastipippalī*, *hingu*, *sauvarcala*, *viḍa*, *cavya* rock salt, *samudra*, *yavakṣāra*, *citraka* and *vacā*.

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Method of use/Administration: This medicine is to be taken in doses of 5 mg. to 10 mg.

Therapeutic Benefits: This is an excellent recipe for suppressed power of digestion. It cures sprue syndrome, *viṣṭambha* (distension of abdomen associated with constipation), ailments caused by *āma*, weakness, spleen disorder, *kāsa* (coughs), asthma, consumption, piles, fistula-in-ano and diseases caused by *kapha*, *vāyu* and *kṛimi* (intestinal parasites). This cures diseases as a forest fire consumes the dried trees.

(Cakradatt)

महाषट्पलकं घृतम्–

सौवर्चलं पञ्चकोलं सैन्धवं हवुषां विडम् । अजमोदा यवक्षारं हिङ्गुजीरकमौद्भिदम् ।।५६७।।
कृष्णाजाजींसभूतीकंकल्कीकृत्यपलार्द्धकम् । आर्द्रकस्वरसं चुक्रं क्षीरमस्त्वारनालकम् ।।५६८।।
दशमूलकषायेण घृतप्रस्थं विपाचयेत् । भक्तेन सह पातव्यं निर्भक्तं वा विचक्षणैः ।।५६९।।
कृमिप्लीहोदराजीर्णज्वरकुष्ठप्रवाहिकाः । वातरोगान्कफव्याधीन् हन्याच्छूलमरोचकम् ।।५७०।।
पाण्डुरोगं क्षयं कासं दौर्बल्यं ग्रहणीगदम् । महाषट्पलकं नाम्ना वृक्षमिन्द्राशनिर्यथा ।।५७१।।

567-571. Mahāṣaṭ Palaka Ghṛita:

Ingredients: *Sauvarcala*, *pañcakola*, rock salt, *havuṣā*, *vacā*, *ajamodā*, *yavakṣāra*, *hingu*, *jīraka*, *audbhida*, *kṛiṣṇajājī*, *pūtikā*, *kalka* of these herbs, ginger juice, *cukra*, *kṣāra*, *mastu*, *āmla kānjika*, herbs of *daśamūla* and *mūrcchita ghṛitam*.

Process of Drug-Making: Take 23 gm. each of the *sauvarcala*, *pañcakola*, rock salt, *havuṣā*, *vacā*, *ajamodā*, *yavakṣāra*, *hingu*, *jīraka*, *audbhida*, *kṛiṣṇajājī* and *pūtikā* and prepare a *kalka* out of these herbs. Along with this *kalka*, 750 ml. each of ginger juice, *cukra*, *kṣāra*, *mastu*, *āmla kānjika*, decoction of *daśamūla* and 750 ml. of *mūrcchita ghṛitam* should be boiled.

Method of use/Administration: This medicated *ghṛitam* should be taken along with meals or in empty stomach.

Therapeutic benefits: This cures *kṛimi* (intestinal parasites), spleen disorders, *udara* (problems related to gastro intestinal tract), *kuṣṭha* (skin diseases), dysentery, diseases caused by *vāyu* and *kapha*, colic-pain, anorexia, consumption, asthma, weakness and sprue-syndrome. This recipe is famous by the name *Mahāśatpalaka Ghṛita*. It cures diseases as easily as the trees are destroyed by the thunderbolt of Indra.

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बिल्वतैलम्–

तुलाऽर्द्धं शुष्कबिल्वस्य तुलाऽर्द्धं दशमूलतः । जलद्रोणे विपक्तव्यं चतुर्भागावशेषितम् ।।५७२।।
आर्द्रकस्य रसप्रस्थमारनालं तथैव च । तैलप्रस्थं समादाय क्षीरप्रस्थं तथैव च ।।५७३।।
धातकीबिल्वकुष्ठञ्च शटी रास्ना पुनर्नवा । कटुत्रिकं कणामूलं चित्रकं गजपिप्पली ।।५७४।।
देवदारु वचा कुष्ठं मोचकं कटुरोहिणी । तेजपत्राजमोदे च जीवनीयगणस्तथा ।।५७५।।
एषामर्द्धपलान्भागान् पाचयेन्मृदुनाऽग्निना । एतद्धि बिल्वतैलाख्यं मन्दाग्नीनां प्रशस्यते ।।५७६।।
ग्रहणीं विविधां हन्ति अतीसारमरोचकम् । संग्रहग्रहणीं हन्ति अर्शसामपि नाशकम् ।।५७७।।
श्लीपदं विविधं हन्ति अन्त्रवृद्धिञ्च नाशयेत् । कफवातोद्भवं शोथं ज्वरमाशु व्यपोहति ।।५७८।।
कासंश्वासञ्चगुल्मञ्च पाण्डुरोगविनाशनम् । मक्कल्लशूलशमनं सूतिकाऽऽतङ्कनाशनम् ।।५७९।।
मूढगर्भे च दातव्यं मूढवातानुलोमनम् । शिरोरोगहरञ्चैव स्त्रीणां गदनिषूदनम् ।।५८०।।
रजोदुष्टाश्चयानार्योरितोदुष्टाश्च ये नराः । तेऽपि तारुण्यशुक्राढ्या भविष्यन्ति महाबलाः ।।५८१।।
वन्ध्याऽपि लभते पुत्रं शूरं पण्डितमेव च । बिल्वतैलमिति ख्यातमात्रेयेण विनिर्मितम् ।।५८२।।

572-582. Bilva Taila:

Ingredients: Dried *bilva* fruit, each of the *daśamūla* herbs, juice of ginger, *kānji*, *mūrcchita* sesame oil, milk, *dhātakī* flowers, pulp of *bilva* fruit, *kuṣṭha*, *karcūra*, *rāsnā*, *punarnavā*, dried ginger, *marica*, *pippalī*, *pippalīmūla*, root of *citraka*, *gajapippalī*, *devadāru*, *vacā*, *kuṣṭha*, *mocarasa*, *kaṭukī*, cassia leaves, *ajamodā* and herbs of *jīvanīya* group (*vṛiṣṭi*, *vṛiddhi*, *kākolī*, *kṣīrakākolī*, *medā*, *mahāmedā*, *jīvak*, *ṛiṣabhaka*, *māṣaparṇī*, *mudgaparṇī*, *jīvantī* and *madhuyaṣṭī*).

Process of Drug-Making: Take 2500 gm. of the pulp of dried *bilva* fruit and each of the *daśamūla* herbs (2500 ml. in combination). Decoct both these materials in 13 litre quantity of water. Decoct the same until the original quantity is reduced to one fourth. Filter the one fourth compound and pour in a pan. Add to it juice of ginger, *kānji*, *mūrcchita* sesame oil and milk each measuring 750 ml. Prepare *kalka* of the following materials, each measuring 23 gm.: *dhātakī* flowers, pulp of *bilva* fruit, *kuṣṭha*, *karcūra*, *rāsnā*, *punarnavā*, dried ginger, *marica*, *pippalī*, *pippalīmūla*, root of *citraka*, *gajapippalī*, *devadāru*, *vacā*, *kuṣṭha*, *mocarasa*, *kaṭukī*, cassia leaves, *ajamodā* and herbs of *jīvanīya* group (*vṛiṣṭi*, *vṛiddhi*, *kākolī*, *kṣīrakākolī*, *medā*, *mahāmedā*, *jīvak*, *ṛiṣabhaka*, *māṣaparṇī*, *mudgaparṇī*, *jīvantī* and *madhuyaṣṭī*). Mix this *kalka* with other materials in the pan and cook the preparation on a slow heat. The oil obtained from this preparation is known as *Bilvataila*.

Method of use/ Administration and Therapeutic benefits: Consume this oil in doses 5 gm. to 10 gm. with lukewarm water or milk. This is very beneficial for the people who have lost digestive power. If the same is given with different

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anupānas, then it can cure various types of *grahaṇī* disorders, *atisāra*, anorexia, *sangrahaṇī*, piles, various types of *ślīpada*, hernia, *śotha* caused due to *kapha* and *vāta*, fear, *kāsa* (coughs), asthma, *gulma*, *pāṇḍu*, *makkalśūla* and disorders related to delivery. If the oil is taken with warm water then it helps in discharging a dead fetus. It cures headache and various disorders related to females. Those male and female who have cantaminial discharge should take this oil with milk or warm water daily. This makes them look younger and provides them strength. This medicinal oil helps even a barren female to deliver strong and brainy child. This oil has been prepared by Ātreya and is popular as *Bilvataila*.

ग्रहणीमिहिरं तैलम्–

धन्याकंधातकीलोध्रं समङ्गाऽतिविषा शिवा । उशीरं वारिवाहञ्च जलं मोचं रसाञ्जनम् ।।५८३।।
बिल्वं नीलोत्पलं पत्रं केशरं पद्मकेशरम् । गुडूचीन्द्रयवश्यामाः पद्मकं कटुरोहिणी ।।५८४।।
तगरं नलदं भृङ्गं केशराजः पुनर्नवा । आम्रजम्बूकदम्बानां त्वचः कुटजवल्कलम् ।।५८५।।
यमानी जीरकश्चैषां कार्षिकाणि प्रकल्पयेत् । तैलप्रस्थं पचेत्सम्यक् तक्रेणान्यतमेन वा ।।५८६।।
कुटजत्वक्कषायेण धान्यकक्वथितेन वा । बुद्ध्वा दोषगतिं तत्तु तथाऽन्यौषधवारिणा ।।५८७।।
एतद्रसायनं तैलं वलीपलितनाशनम् । हन्ति सर्वानतीसारान् ग्रहणीं सर्वरुपिणीम् ।।५८८।।
ज्वरंतृष्णांतथाकासंहिक्कां श्वासं वर्मि भ्रमिम् । सोपद्रवं कोष्ठरुजं नाशयेत्सत्यमेव हि ।।५८९।।
अर्शांसि कामलां मेहं श्वयथुं शूलमुल्बणम् । एतद्धि बृंहणं वृष्यं सर्वरोगनिबर्हणम् ।।५९०।।
वशीकरणमेतद्धि पुष्ययोगे विपाचयेत् । सायं स्त्रीषु प्रकर्तव्यं प्रत्यूषे राजसंसदि ।।५९१।।
विवाहादिषु मङ्गल्यं विवादे विजयप्रदम् । गर्भस्य चलितस्यापि स्थापनं परमं शुभम् ।।५९२।।
गर्भारम्भे प्रकर्त्तव्यमेतद्गर्भविवर्द्धनम् । ग्रहणीमिहिरं नाम तैलं भुवनमङ्गलम् ।।५९३।।

583-593.Grahaṇīmihiram Tailam:

Ingredients: Coriander seeds, *dhātakī* flowers, *lodhra*, *samangā*, *ativiṣā*, *harītakī*, *uśīra*, *mustā*, *netrabālā*, *mocarasa*, *rasāñjana*, dry pulp of *bilva* fruit, *nīlakamal*, cassia leaves, *nāgakeśara*, *pañcakeśara*, *guḍūcī*, *indrayava*, *śyāmālatā*, *śārivā*, *padmaka*, *kaṭukī*, *tagara*, *nalada* (*jaṭāmānsī*), *cinnamon*, *keśarāj*, *punarnavā*, bark of mango tree, bark of *jambū* tree, bark of *kadamba*, bark of *kuṭaja* and *yamānī*, white varieties of cumin seeds, *mūrcchita* oil, buttermilk, decoction of bark of *kuṭaja* and decoction of coriander seeds.

Process of Drug-Making: Take 12 gm. each of the following and prepare *kalka* out of them by using water: coriander seeds, *dhātakī* flowers, *lodhra*, *samangā*, *ativiṣā*, *harītakī*, *uśīra*, *mustā*, *netrabālā*, *mocarasa*, *rasāñjana*, dry pulp of *bilva* fruit, *nīlakamal*, cassia leaves, *nāgakeśara*, *pañcakeśara*, *guḍūcī*, *indrayava*, *śyāmālatā*, *śārivā*, *padmaka*, *kaṭukī*, *tagara*, *nalada* (*jaṭāmānsī*),

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cinnamon, *keśarāj*, *punarnavā*, bark of mango tree, bark of *jambū* tree, bark of *kadamba*, bark of *kuṭaja* and *yamānī* and white varieties of cumin seeds.

Put this *kalka* in a copper or iron pan and add to it 750 ml. of *mūrcchita* oil, buttermilk measuring four times the quantity of oil i.e. 3 litre, decoction of bark of *kuṭaja* (3 litres) and decoction of coriander seeds (also 3 litres). Cook all these materials together methodologically and obtain medicinal oil.

Method of use/ Administration and Therapeutic benefits: After diagnosing movement of *vāta* and *pitta*, take 5 ml. to 10 ml. of this medicinal oil along with different *anupānas*. This oil should be prepared only on Sundays under the holy *Puṣya* constellation. The oil makes one more successful therefore one should apply it on forehead when going to king's court, to perform an important work and marriages. Also apply it before sleeping with a woman during night and before going to a war field. This oil also helps in healthy pregnancy that is free from *garbhaśrāva* and *garbhapat* (miscarriage). Pregnant women should take four to six drops of this oil with milk to have sound pregnancy. This oil is known as *Grahaṇīmihir* and has been prepare for the benefit of mankind.

(*Ras Ratnākar*)

ग्रहणीमिहिरतैलम् (बृहद्)–

तैलं प्रस्थमितं ग्राह्यं तक्रं कल्काच्चतुर्गुणम् । कुटजं धान्यकञ्चैव ग्राह्यं पलशतं पृथक् ।।५९४।।
तयोःक्वाथंपचेद्द्रोणेह्यम्बुपादावशेषितम् । एकीकृत्य पचेद्वैद्यः कल्कं कर्षमितं पृथक् ।।५९५।।
धान्यकं धातकी लोध्रं समङ्गाऽतिविषा शिवा । लवङ्गं बालकञ्चैव शृङ्गाटकरसाञ्जने ।।५९६।।
नागपुष्पं पद्मकञ्च गुडूचीन्द्रयवं तथा । प्रियङ्गु कटुकी पद्मकेशरं तगरं तथा ।।५९७।।
शरमूलं भृङ्गराजः केशराजः पुनर्नवा । आम्र जम्बूकदम्बानां वल्कलानि च दापयेत् ।।५८८।।
ग्रहणीं हन्ति तच्छीघ्रं वलीपलितनाशनम् । हन्ति सर्वानतीसारान् ग्रहणीं सर्वरूपिणीम् ।।५९९।।
ज्वरंतृष्णांतथाश्वासंकासंहिक्कांवमिंभ्रमिम् । सोपद्रवं कोष्ठरुजं नाशयेत् सद्य एव हि ।।६००।।
वशीकरणमेतद्धि पुष्ययोगेन कारयेत् । ग्रहणीमिहिरं तैलं बृहद् भुवनमङ्गलम् ।।६०१।।

594-601.Grahaṇīmihira Tailam (Major Variety)

Ingredients: *Mūrcchita* sesame oil, buttermilk, bark of *kuṭaja*, coriander seeds, coriander, *dhātakī* flowers, *lodhra*, *samangā*, *ativiṣā*, *harītakī*, clove, *netrabālā*, *śṛingāṭaka*, *rasāñjana*, *nāgakeśara*, *padmaka*, *guḍūcī*, *indrayava*, *priyangu*, *kaṭukī*, lotus, *keśara*, *tagara*, root of *darbha* grass, *bhṛingarāja* (yellow variety), *keśarāja* (blue variety of *bhṛingarāja*), root of *punarnavā*, bark of mango tree, bark of *jambū* tree and bark of *kadamba*.

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Process of Drug-Making: Take *mūrcchita* sesame oil (750 ml.), buttermilk (3 litres), bark of *kuṭaja* (4.670 kg.) and coriander seeds (4.670 kg.). Firstly, take bark of *kuṭaja* and coriander seeds and decoct them separately with 26 litre measure water each. Decoct these two preparations together until their original quantity is reduced to one fourth. Then mix both decoctions. Pour the decoction in a copper pot and add to it sesame oil and buttermilk. Following this, prepare a water-based *kalka* of the following materials measuring 12 gm. each: coriander, *dhātakī* flowers, *lodhra*, *samangā*, *ativiṣā*, *harītakī*, clove, *netrabālā*, *śṛīngāṭaka*, *rasāñjana*, *nāgakeśara*, *padmaka*, *guḍūcī*, *indrayava*, *priyangu*, *kaṭukī*, lotus, *keśara*, *tagara*, root of *darbha* grass, *bhṛingarāja* (yellow variety), *keśarāja* (blue variety of *bhṛingarāja*), root of *punarnavā*, bark of mango tree, bark of *jambū* tree and bark of *kadamba*. Add this *kalka* to the copper pot and cook the preparation methodologically.

Method of use/Administration: Oil prepared on Sundays during the period marked by holy *Puṣya* constellation proves to be more effective. Dosage – 5 ml. to 10 ml.

Therapeutic benefits: The obtained oil is very useful in curing *grahaṇī*, obesity, all types of *atisāra* and *sangrahaṇī* caused due to three *doṣas* of body, fever, morbid thirst, asthma, *kāsa* (coughs), hiccups, vomiting, *bhrama* (giddiness), and *kuṣṭha* (skin diseases including leprosy) accompanied with other disorders. It makes people more attractive. This oil is named as *Bṛihad Grahaṇīmihira* and is meant for the welfare of mankind.

दाडिमाद्यं तैलम्–

दाडिमत्वग्जलंधान्यं वत्सकस्य त्वचस्तथा । प्रत्येकमाढकं ग्राह्यं जलद्रोणे पचेत्पृथक् ।।६०२।।
चतुर्भागावशिष्टन्तु तक्रमाढकसम्मितम् । पचेत्तैलाढके धीमान् गर्भं दत्त्व भिषग्वरः ।।६०३।।
त्रिकटु त्रिफला मुस्तं चव्यजीरकसैन्धवम् । चातुर्जातं मधुरिका मांसी च देवपुष्पकम् ।
जातीकोषफलेधान्यं यमान्यौ बालकं तथा ।।६०४।।
कञ्चटातिविषे भेको शृङ्गाटं बृहतीद्वयम् । आम्रजम्बूत्वचः पर्ण्यौ समंगेन्द्रयवं वरी ।।६०५।।
धातकीबिल्वमोचञ्च मुषली वत्सकं बला । श्वदंष्ट्रा लोध्रपाठाञ्च काष्ठं खादिरमेव च ।।६०६।।
अमृताशाल्मलीत्वक्च सर्वमर्द्धपलोन्मितम् । पिष्ट्वा तण्डुलतोयेन साधयेन्मृदुनाऽग्निना ।।६०७।।
ग्रहणीं हन्ति दुर्वारां प्रमेहानपि विंशतिम् । अर्शांसि षड्विधान्येव नाशयेन्नात्र संशयः ।।६०८।।

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602-608. Dāḍimādya Tailam:

Ingredients: Bark of pomegranate fruit, water, *netrabālā*, coriander, bark of *kuṭaja*, buttermilk, *mūrcchita* sesame oil, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *cavya*, cumin seeds, rock salt, cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, aniseeds, *jaṭāmanśi*, clove, *jātīkoṣa*, *jātīphala*, coriander, *yamānī*, *ajamodā*, *netrabālā*, *jalapippalī*, *ativiṣā*, *manḍukaparṇī*, root of bigger and lesser variety of *vyāghrī*, barks of mango and *jambū* trees, *śālaparṇī*, *pṛiśniparṇī*, *samangā*, *indrayava*, *śatāvarī*, *dhātakī* flowers, pulp of unripe *bilva* fruit, *muṣalī*, bark of *kuṭaja*, *balā*, *gokṣura*, *lodhra*, *pāṭhā*, *padmakāśtha*, *khadira*, *guḍūcī* and bark of *śālmalī* plant's root.

Process of Drug-Making: Take bark of pomegranate fruit (3 kg.) and water (13 litres). Decoct them until their original quantity is reduced to one fourth. Similarly prepare decoctions of *netrabālā*, coriander and bark of *kuṭaja* (each taken in measure of 3 kg.) and mix them together. Add to the preparation buttermilk and *mūrcchita* sesame oil measuring 3 litre each. Mortar the following materials measuring 23 gm. each: dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *cavya*, cumin seeds, rock salt, cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, aniseeds, *jaṭāmanśi*, clove, *jātīkoṣa*, *jātīphala*, coriander, *yamānī*, *ajamodā*, *netrabālā*, *jalapippalī*, *ativiṣā*, *manḍukaparṇī*, root of bigger and lesser variety of *vyāghrī*, barks of mango and *jambū* trees, *śālaparṇī*, *pṛiśniparṇī*, *samangā*, *indrayava*, *śatāvarī*, *dhātakī* flowers, pulp of unripe *bilva* fruit, *muṣalī*, bark of *kuṭaja*, *balā*, *gokṣura*, *lodhra*, *pāṭhā*, *padmakāśtha*, *khadira*, *guḍūcī* and bark of *śālmalī* plant's root. Put all the above materials in a copper pot and cook it on a slow heat methodologically. Thus obtain the medicated oil.

Method of use/Administration: This oil is known as *Dāḍimādi Taila* and it should be taken in 5 ml. to 12 ml. daily.

Therapeutic benefits: It gives relief from incurable *grahaṇī* disorders, 20 types of *prameha* (i.e. urinary disorders including diabetes) and six types of piles.

तक्रारिष्टम्–

यमान्यामलकं पथ्या मरिचं त्रिपलांशिकम् । लवणानि पलांशानि पञ्च चैकत्र चूर्णयेत् ।।६०९।।
तक्रकंसासुतं जातं तक्रारिष्टं पिबेन्नरः । दीपनं शोथगुल्मार्शःक्रिमिमेहोदरापहम् ।।६१०।।

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609-610. Takrāriṣṭa:

Ingredients: *Yamānī*, *āmalakī*, *pathyā*, *marica*, five varieties of salt and buttermilk.

Process of Drug-Making: Compound together 140 gm. each of *yamānī*, *āmalakī*, *pathyā* and *marica* and 3 gm. of each of the five varieties of salt. Prepare fine powder out of them and combine them together. This powder should be added to 30 litre of buttermilk. After fermentation, the jar containing the preparation should be stored inside a heap of grains, barley, etc. for three days in summer, for four days in autumn, for six days in rainy season and spring and for eight days in winter. Thereafter, the fermented liquid should be obtained.

Method of use/Administration: Take the medicine in doses of 12-24 gm. along with water, after the lunch.

Therapeutic benefits: It stimulates the power of digestion and cures edema, *gulma* (phantom tumour), piles, *kṛimi*, (intestinal parasites), *meha* (urinary disorders including diabetes) and *udara* (abdominal diseases).

(Charaka)

पिप्पल्याद्यासवः–

पिप्पलीमरिचंचव्यंहरिद्रा चित्रको घनः । विडङ्गं क्रमुको लोध्रः पाठा धात्र्येलवालुकम् ।।६११।।
उशीरं चन्दनं कुष्ठं लवङ्गं तगरं तथा । मांसी त्वगेला पत्रञ्च प्रियङ्गु-नागकेशरम् ।।६१२।।
एषामर्द्धपलान्भागान्सूक्ष्मचूर्णीकृताञ्शुभान् । जलद्रोणद्वयेक्षिप्त्वादद्याद् गुडतुलात्रयम् ।।६१३।।
पलानिदशधातक्याद्राक्षाषष्टिपला भवेत् । एतान्येकत्र संयोज्य मृदौ भाण्डे विनिक्षिपेत् ।।६१४।।
ज्ञात्वा रसगतं सर्वं पाययेदग्न्यपेक्षया । क्षयं गुल्मोदरं कार्श्यं ग्रहणीं पाण्डुतान्तथा ।।६१५।।
अर्शांसि नाशयेच्छीघ्रं पिप्पल्या आसवस्त्वयम् ।।६१६।।

611-616. Pipalyādāsava :

Ingredients: *Pippalī*, *marica*, *cavya*, *haridrā*, *citraka*, *mustā*, *vāyaviḍanga*, betel nut, *lodhra*, *pāṭhā*, *āmalakī*, *elvāluka* (*ghṛitakumārī sāra*), *uśīra*, white sandalwood, *kuṣṭha*, cloves, *tagara*, *jaṭāmānsī*, cinnamon, smaller cardamom, *tejpattra*, *priyangu*, *nāgakeśara*, jaggery, flowers of *dhātakī*, black and red raisins.

Process of Drug-Making: Take 23 gm. measure each of the following: *pippalī*, *marica*, *cavya*, *haridrā*, *citraka*, *mustā*, *vāyaviḍanga*, betel nut, *lodhra*, *pāṭhā*, *āmalakī*, *elvāluka* (*ghṛitakumārī sāra*), *uśīra*, white sandalwood, *kuṣṭha*, cloves, *tagara*, *jaṭāmānsī*, cinnamon, smaller cardamom, *tejpattra*, *priyangu* and

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nāgakeśara. Churn all these materials and obtain powder out of them. Get an empty earthen pot and fill 26 litre measure of water in it and with hands properly dissolve 15 kg. of jaggery into it. Add flowers of *dhātakī* (500 gm.), black and red raisins (2800 gm.) and the above mentioned powder into the pot. Tightly cover and close mouth of the pot with *śarāva* (an earthen plate). Place this pot in a lone, dark, warm and non-airy spot for one month. After one month get the pot and remove the *śarāva*. Sieve and store it.

Method of use/Administration: Depending on the digestive power of the patient, it can be consumed in doses of 12-24 gm.

Therapeutic benefits: This medicine is known as *Pipalyādāsava* and is very helpful for patients of *kṣaya*, *gulma*, problems related to gastro intestinal tract, leanness, vitiated *grahaṇī*, *pāṇḍu* and piles.

(*Śārangadhar Samhitā*)

141398

ग्रहणीरोगेऽपथ्यम्–

रक्तस्रुतिं जागरमम्बुपानं स्नानं स्त्रियं वेगविनिग्रहं च ।
नस्ताञ्जनस्वेदनधूमपानं श्रमं विरुद्धाशनमातपं च ।।६१७।।
गोधूमनिष्पावकलायमाषयवार्द्रकच्छत्रकराजमाषान् ।
उपोदिकावास्तुककाकमाचीकूष्माण्डतुम्बीमधुशिग्रुकन्दान् ।।६१८।।
ताम्बूलमिक्षुर्बदरं रसालमेर्वारुकं पूगफलं रसोनम् ।
धान्याम्ल सौवीरतुषोदकानिदुग्धंगुडंमस्तुचनारिकेलम् ।।६१९।।
पुनर्नवाबार्हतवैणवानि सर्वाणि शाकानि च पत्रवन्ति ।
दुष्टाम्बुगोवारिकुरङ्गनाभिक्षारंसमस्तानिसराणिचापि ।।६२०।।
द्राक्षामथाम्लंलवणं सरं च गुर्वन्न पानं सकलं च पूपम् ।
वैद्यश्चिकित्सन्ग्रहणीविकारं विवर्जयेत्संततमप्रमत्तः ।।६२१।।

617-621. Harmful items for the patients of Grahaṇī:

The following are considered to be harmful in cases of *grahaṇī*: blood letting, roaming during night, drinking excessive water, bathing, intercourse, stopping flow of excretions, nasal therapy, application of collariyam, *svedana* therapy, smoking, heavy work, uncomptiable food, sun bathing or enjoying fire heat, taking food items prepared from wheat, white beans, peas, *urada* (pulse soup), barley, ginger, *catraka* (mushroom), *rājamāṣa*, *upodikā*, *vāstuka*, *kākamācī*, ash gourd or *kāśīphala*, *tumbī*, ripe drum stick, potato, *arui*, and other tubers, betel leaves,

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sugarcane, berry, mango, snake cucumber (*karkaṭī*), betel nut, garlic, *kānji*, *sauvir* (barley and wheat's *kānji*), *tuṣodaka* (*kānji* of *yava* along with its peels), milk, jaggery, buttermilk, coconut fruit or water, *punarnavā*, fruit of *kañṭakārī*, bamboo shoots, all types of leafy cuisine, contaminated water, cow's urine, *kastūrī*, *yavakṣāra*, all types of laxative liquids, *drākṣā* and like sour eatables, salt, taking heavy to digest meals, all types of pudding and *puri*.

ग्रहणीरोगे पथ्यम्–

निद्राच्छर्दनलङ्घनंचिरभवा ये शालयः षष्टिकामण्डो
लाजकृतो मसूरतुवरीमुद्गप्रसूता रसाः ।
निःशेषोद्धृतसारमेवदधि यत्सक्षीरजातं
गवांछाग्या वा नवनीतमेव दधिजं तद्वत्पयःसंभवम् ।।६२२।।
छागान्याज्यपयोदधीनितिलजंतैलं
सुरामाक्षिकंशालूवंबकुलंच दाडिमयुगं नव्यानि भव्यानि च ।
रम्भायाः फलंचतरुणंबिल्वंचशृङ्गाटकंचाङ्गेरी विजया कपित्थकुटजाजाजीकसेरूणि च ।।६२३।।
तक्रंकाञ्चटसौनिषण्णदलकंजातीफलं
जाम्बवंधन्याकानिचतिन्दुकानिचमहानिम्बोऽरुणा पेलवम् ।।६२४।।
क्रव्याल्लावशशैणतित्तिरिरसाःक्षुद्राङ्गषाः
सर्वशःखुड्डीशोमधुरालिका च खलिशः सर्वः कषायो रसः ।
नाभेर्द्व्यङ्गुलकादधोऽर्धशशिवद्वंशास्थिमूलेतथादाहः
प्रज्वलितायसा च कथितं पथ्यं ग्रहण्यातुरे ।।६२५।।

622-625. Grahaṇī Roga Pathyās:

The following measures are considered to be beneficial for patients of *grahaṇī*:

Sleeping, vomiting, *langhaṇa* (fasting), old *śāli* rice, old *ṣaṣṭhi* rice, liquid obtained from the cooked rice, pulse soup of *masūra* (lentil), *ādhya* (pigeon peas) and *mudga* (kidney beans) pulses, curd of cow's milk containing no butter, butter obtained from goat's milk or curd, *ghṛitam* of goat's milk, cow's milk, curd, sesame oil, liquor, honey, *kamalakand*, *maulśrī*, both types of pomegranate, fresh fruits of *kaseru*, fruit and flowers of banana, pulp of fresh *bilva* fruits, *śṛīngāṭaka*, *cāngerī*, *vijayā*, *kapittha*, bark of *kuṭaja*, cumin seeds, buttermilk, leaves of *kancaṭa*, *niśānna*, *jātīphala*, *jambū*, coriander, *tinduka*, *mahānimba*, *manjiṣṭhā*, *pelava*, meat of carnivorous birds, meat soup of rabbit, *eṇa* and *tittira* (partridge) and all types of small fish, *khuddiśa* (one type of fish which flies for a short

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period), *madhuralikā* (type of fish), *khalīś* (type of fish), all types of sour liquids. One can also heat up the patient around the areas two fingers up and two fingers down of belly and also at the roots of backbone. It also helps the patient of *grahaṇī*.

इति भैषज्यरत्नावल्यां ग्रहणीचिकित्सा ।।८।।

इति भैषज्यरत्नावल्या विद्योतिनी भाषाटीकायां ग्रहणीचिकित्सा ।।८।।

End of the Chapter 8 of Bhaiṣajya Ratnāvalī with Commentary

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अथार्शोरोगचिकित्साप्रकरणम् ९

Chapter 9

Arśa (Piles)

Piles (*Arśa*) or haemorrhoids is a condition in which a fleshy swellings of variable size, shape and colour appear in the anus. Internal piles arise from internal haemorrhoidal venous plexus and external piles from the external plexus. Constipation and straining at stool aggravate piles as does pelvic filling in pregnancy. Blood flow is obstructed by increased pressure between the faecal mass and the anal sphincters.

Ayurveda has from the treatment point of view, classified piles under two broad categories *viz* (1). dry or blind (*śuśka*) piles and (2). *śrāvi* (bleeding) piles. The former type do not bleed. This type of piles occur due to the dominance of *vāyu* and *kapha*. *Śrāvi* piles occurs due to the dominance of *pitta* and *rakta*. In this case, patient passes bright red blood with the stool. Sometimes it may lead to profuse bleedings and to the complications like anaemia. The patient suffering from piles feels weakness and accumulation of wind or gas in the bowels which creates sounds in the abdomen. He becomes pale, suffers from cutting pain in the anus. He often gets giddiness and stupour. He becomes lethargic and does not feel energetic to do any work.

अर्शसामुपायचतुष्टयम्–

दुर्नाम्नां साधनोपायश्चतुर्धा परिकीर्तितः । भेषजक्षारशस्त्राग्नि-साध्यत्वादाद्य उच्यते ।।१।।

1. To cure the piles four therapies have been prescribed: Namely, they include (i) application of drugs like the *Cūrṇas* or powders, *Vaṭī* or pills, decoctions, *Ariṣṭas* or syrups, *rasa* or metallic preparations and *bhasma*, (ii) external application of alkalis, (iii) surgerical intervention and (iv) cautary on the ailing spot. Of all these four measures the best being the application of drugs, I describe the details of the same.

अर्शसश्चिकित्सा–

यद्वायोरानुलोम्याय यद्ग्निबलवृद्धये । अनुपानौषधद्रव्यं तत्सेव्यं नित्यमर्शसैः ।।२।।

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2. The intake of main drug should be followed by taking of the energizer liquids like *kānji*, *āsava*, juices, milk, buttermilk and the like and meals. Food, drinks and drugs, which are useful for the *anulomana* (downward movement) of *vāyu* and which stimulate the power of digestion are always useful for a patient suffering from piles.

शुष्कार्द्रार्शःसु चिकित्साक्रमः–

शुष्कार्शसांप्रलेपादिक्रियातीक्ष्णाविधीयते । स्राविणां रक्तमालोक्य किया कार्याऽस्रपैत्तिकी ।।३।।

3. For dry-piles, ointment of drugs having *tīkṣṇa* (sharp) attribute should be applied externally. If there is bleeding from piles, then therapies which alleviate *pitta* should be employed.

कठिनार्शश्चिकित्साक्रमः (भा. प्र.)–

शस्त्रैर्वाऽथ जलौकाभिःप्रोच्छूनकठिनार्शसः । शोणितं सञ्चितं दृष्ट्वा हरेत्प्राज्ञः पुनः पुनः ।।४।।

4. The vitiated blood deposited in the stocked in the paining buds on anus should be removed out either by surgery or through blood letting by use of leeches.

कफार्शश्चिकित्सा–

गुदाङ्कुरस्यैकदेशे कफार्शसि जलौकया । रक्तमोक्षं विधायार्करस-लेपः प्रशस्यते ।।
दाहोऽथवा विधातव्यस्तत्रायुर्वेदवेदिभिः ।।५।।

5. The pile of buds caused due to *kapha* disorder should be administered through blood letting by use of leeches and it should be coated with latex of plant *madāra*. Optionally, one can burn the swelling using some acidic substance or fire.

अर्शोघ्नो लेपः–

स्नुक्क्षीरं रजनीयुक्तं लेपाद् दुर्नामनाशनम् । कोषातकीरजोघर्षान्निपतन्ति गुदोद्भवाः ।।६।।

6. Anti-piles Coatings:

Latex of *snuhī* mixed with the powder of *haridrā* should be applied externally. Similarly, the powder of *koṣātakī* should be rubbed over the piles. By these two medications, piles get cured.

अर्कक्षीरं स्नुहीक्षीरं तिक्ततुम्व्याश्च पल्लवाः । करञ्जो बस्तमूत्रञ्च लेपनं श्रेष्ठमर्शसाम् ।।७।।

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7. Arka Kṣīraādi Lepa:

Ingredients: Latex of *arka*, latex of *snuhī*, powders of the leaves of bitter variety of *tumbī* and *karañja* and goats' urine.

Process of Drug-Making: This is a *kalka* based formula.

Method of use/ Administration and Therapeutic benefits: This is an excellent preparation for the cure of piles that is applied externally.

घोषाफलवर्त्तिः–

अर्शोघ्नी गुदगा वर्त्तिर्गुडघोषाफलोद्भवा ।।८।।

8. Ghoṣāphalā Varttī:

Obtain old jaggery and melt it through heating. When it starts melting, add to it equal parts of the powder of the leaves or roots of bitter variety of *tumbī* and stir the preparation. Prepare strips out of the preparation and coat the same over the ailing buds of piles.

ज्योत्स्निकामूललेपः–

ज्योत्स्निकामूलकल्केन लेपो रक्तार्शसां हितः ।।९।।

9. Prepare a *kalka* by compounding the root of the leaves of bitter variety of *tumbī* along with water. This *kalka* should be applied over the piles.

हरिद्रादिलेपः–

हरिद्राजालिनीचूर्णं कटुतैलसमन्वितम् । एष लेपो वरः प्रोक्तो ह्यर्शसामन्तकारकः ।।१०।।

10. Take equal parts of powdered *haridrā* and powders of leaves, seeds and roots of *jālinī* plant. Churn them in mustard oil. The *kalka* should be applied as a coating on the pile buds. This is the best medicine among various *lepas* used to cure piles.

पिप्पल्यादिलेपः–

पिप्पली सैन्धवं कुष्ठं शिरीषस्य फलन्तथा । सुधादुग्धार्कदुग्धैर्वा लेपोऽयं गुदजं हरेत् ।।११।।

11. Take equal quantities of *pippalī*, rock salt, *kuṣṭha* and seeds of *śirīṣ*. Churn these materials with *snuhī* latex and *madāra* latex and form a *kalka*. Apply this *kalka* on effected anal region. This *kalka*, if regularly used for a few days, cures piles.

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शूरणादिलेपः–

शूरणं रजनी वह्निष्टङ्कणं गुडमिश्रितम् । पिष्ट्वाऽऽरनालकैर्लेपो हन्त्यर्शांसि महान्त्यपि ।।१२।।

12. Take equal parts of *śūraṇakanda*, *haridrā*, root of *citraka*, borax and old jaggery. Churn these materials separately and mix them. Mortar this compound with *kānji* for three hours and fill it in a wide mouthed glassware. Apply this *kalka* on effected anal region. This *kalka*, if regularly used can cure large size pile buds (fleshy swellings around the anal region).

शिरीषबीजादिलेपत्रयम्–

शिरीषबीजकुष्ठार्कक्षीरपिप्पलिसैन्धवैः । लाङ्गलीमूलगोमूत्रस्वर्जिकादन्तिचित्रकैः ।।
चरणायुधविड्गुञ्जानिशाकृष्णाभिरुत्तमम् । लेपत्रयमिदं योज्यं शीघ्रमर्शोविनाशकृत् ।।१३।।

13. A. Churn together equal parts of seeds of *śirīṣ*, *kuṣṭha*, latex of *arka*, *pippalī* and rock salt. B. Churn equal parts of root of *lāngalī*, *savarjikṣāra*, *dantīmula* and *citraka* in cow's urine. C. Finely churn and form *kalka* from the droppings of cock, *guñjā*, *haridrā* and *pippalī* in water. Apply these three *kalka*s to cure pile buds.

कटुतुम्बीबीजादिवर्त्तिः–

तुम्बीबीजं सोद्भिदन्तु काञ्जीपिष्टं गुडीत्रयम् । अर्शोहरं गुदस्थं स्याद्दधि माहिषमश्नतः ।।१४।।

14. Seeds of *tumbī* and *audbhida* type of salt should be made to a *kalka* by adding *kānji*, and pills should be made out of it. Application of three such pills cures piles. During treatment, the patient should take curd prepared of the milk of buffalo and rice.

लिङ्गार्शोघ्नौ लेपौ–

महाबोधिप्रदेशस्य पथ्या कोशातकीरजः । सफेनं लेपतो हन्ति लिंगवर्त्तिमसंशयम् ।।१५।।

15. Take the *pathyā* from the *Mahābodhi* country (central Bihar) and *koṣātakī*. And make a *kalka* by adding the *samudraphena* to it. Application of this *kalka* cures *arśas* (growth) in the male genital organ and there is no doubt about it.

अपामार्गोद्भवान्मूलात् क्षारः सहरितालकः । लिङ्गार्शो लेपतो हन्ति चिरजातमसंशयम् ।।१६।।

16. *Kṣāra* prepared of the root of *apāmārga* and *haritāla* should be made to a *kalka*. Daily application of this *kalka* cures *arśas* (growth) in the *linga* (male genital organ) even in its chronic stage.

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कृष्णातिलकल्कप्रयोगः–

असितानांतिलानांच पलं शीतजलेन च । खादतोऽर्शांसि शाम्यन्ति दृढ़ा दन्ता भवन्ति च ।।१७।।

17. Intake of 46 gm. of black variety of *tila* along with cold water cures piles. It makes the teeth strong and promotes general nourishment.

कफार्शोरोगचिकित्सा–

कफजे शृङ्गवेरस्य क्वाथो नित्योपयोगिकः ।।१८।।

18. The decoction of dried ginger is very useful in piles generated by the vitiated *kapha*. One should take this decoction daily.

भिन्नगाढवर्च्चोर्शसोश्चिकित्साक्रमः–

वातातिसारवद्भिन्नवर्च्चांस्यर्शांस्युपाचरेत् । उदावर्त्तविधानेन गाढविट्कानि चासकृत् ।।१९।।

19. If the piles is accompanied by the loose motion, the patient should be treated with the drugs prescribed in the context of *atisāra*. If the piles is accompanied by the constipation, the patient should be treated with the anti-piles drugs first.

विड्विबन्धे तक्रप्रयोगः–

विड्विबन्धे हितं तक्रं यमानीविडसंयुतम् । वातश्लेष्मार्शसां तक्रात् परं नास्तीह भेषजम् ।।२०।।
तत्प्रयोज्यं यथादोषं सस्नेहं रूक्षमेव वा । न विरोहन्ति गुदजाः पुनस्तक्रसमाहताः ।।२१।।

20-21. One should take after the meals, 6 ml. measure of buttermilk treated with 3 gm. of the powder of caraway and *viḍa* salt. Buttermilk is one of the best cure to piles. If the patient is dominated by cough, he should take the buttermilk after its creamy layer is removed. If the piles is associated with *vāta* disorder, the buttermilk could be taken along with its butter contents. Use of the buttermilk does not allow the piles buds to reappear.

चित्रकमूलकल्कलिप्तकुम्भजतक्रादिप्रयोगः–

त्वचं चित्रकमूलस्य पिष्ट्वा कुम्भं प्रलेपयेत् । तक्रं वा दधि वा तत्र जातमर्शोहरं पिबेत् ।।२२।।

22. The barks of *citraka* should be grinded along with water to make a *kalka*. A new earthen pot is to be applied with this *kalka* from inside. After this application is dried, one should use this pot to prepare curd. The curd itself or the buttermilk based on this curd is also very effective check of piles. The piles buds thus destroyed do not appear again.

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गुडाभयाप्रयोगः–

पित्तश्लेष्मप्रशमनी कच्छूकण्डूरुजाऽपहा । गुदजान्नाशयत्याशु योजिता सगुडाऽभया ।।२३।।

23. Jaggery mixed with *abhayā* alleviates *pitta* and *kapha* and cures scabies, itching, pain as well as piles.

सगुडकणाऽभयाप्रयोगः–

सगुडां पिप्पलीयुक्तामभयां घृतभर्जिताम् । त्रिवृद्दन्तीयुतां वाऽपि भक्षयेदानुलोमिकीम् ।।२४।।
विड्वातकफपित्तानामानुलोम्येन निर्मले । गुदेऽर्शांसि प्रशाम्यन्ति पावकश्चाभिबर्द्धते ।।२५।।

24-25. Obtain 5 gm. measure of the *ghṛitam*-fried *harītakī* and 5 gm. measure of the *pippalī* and mix it with jaggery measuring 5 gm. This preparation should be taken with 5 gm. measure each of *danṭī* roots and *ṭrivṛit* roots. This recipe causes *anulomana* (downward movement) of *vāyu* in the intestine. It also help to restore the position and movement of the stool, *vāta*, *kapha* and *pitta doṣas*. The preparation also promotes the digestive power.

तिलकारुष्करप्रयोगः–

तिलारुष्करसंयोगं भक्षयेदग्निवर्द्धनम् । कुष्ठरोगहरं श्रेष्ठमर्शसां नाशनं परम् ।।२६।।

26. Intake of *tila* (3 gm.) and *aruṣkara* (*bhallātaka*) (250 mg.) restores the power of digestion, cures 18 types of *kuṣṭha* (skin diseases including leprosy) and 6 types of piles.

गुडहरीतकी-सपञ्चकोलतक्रप्रयोगौ–

गोमूत्राध्युषितां दद्यात् सगुडां वा हरीतकम् । पञ्चकोलयुतं वाऽपि तक्रमस्मै प्रदापयेत् ।।२७।।

27. *Abhayā* (10 gm.), either triturated with cow-urine, or mixed with jaggery (5 gm.) cures piles. The patient could be given butter-milk (200—250 ml.) treated with the *pañca kola* herbs (5 gm.) to drink.

तिलभल्लातकादियोगः–

तिलभल्लातके पथ्या गुडश्चेति समांशिकम् । दुर्नामकासश्वासघ्नं प्लीहपाण्डुज्वरापहम् ।।२८।।

28. Take in equal quantity *tila*, *bhallātaka*, *pathyā* and *guḍa* and churning them together prepare pills measuring 4 gm. each. Taken daily, this preparation cures piles, asthma, cough, spleen related disorder, anemia and fever.

पुटपक्वशूरणप्रयोगः–

मृल्लिप्तं शौरणं कन्दं पक्त्वाऽग्नौ पुटपाकवत् । अद्यात् सतैललवणं दुर्नामविनिवृत्तये ।।२९।।

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29. Obtain the bulb of the *śūraṇa kanda* (200 gm.) and cook it through *puṭapāka* method. It may be coated with a thick layer of mud or could be wrapped with the leaves of tamarind plant. Once the cooking is over, the *śūraṇa kanda* should be cleaned and washed. It should be taken along with mustard oil and salt.

वार्ताकुफलप्रयोगः–

स्विन्नंवार्ताकुफलं घोषायाः क्षारजेन सलिलेन । तद् घृतभृष्टं युक्तं गुडेनातृप्तितो योऽत्ति ।।३०।।
पिबतिचनूनंतक्रं तस्याश्वेवातिबृद्धगुदजानि । यान्ति विनाशं पुंसां सहजान्यपि सप्तरात्रेण ।।३१।।

30-31. The fruit of *vārtāku* (aubergine) should be boiled along with water treated with the *kṣāra* of bitter *tumbī*. Then this boiled fruit should be fried with *ghṛitaṃ* and mixed with jaggery. Intake of this preparation till full-satisfaction should be followed by drink of buttermilk. Taking this medication for seven days cures the aggravated forms of piles. Even *sahaja* type of piles get cured within seven nights by this recipe.

चन्दनादिक्वाथः–

चन्दनकिराततिक्तकधन्वयवासाःसनागराःक्वथिताः।रक्तार्शसांप्रशमना दार्वीत्वगुशीरनिम्बाश्च ।।३२।।

32. Candanādi Kvātha:

Ingredients: Red sandalwood, *kirātatikta*, *durālabhā*, dried ginger, *dāruharidrā*, cassia, *uśīra* and *neem*-bark.

Process of Drug-Making: Take equal parts of red sandalwood, *kirātatikta*, *durālabhā*, dried ginger, *dāruharidrā*, cassia, *uśīra* and *neem*-bark. Raise 20 gm. measure of these herbs and decoct them together in water measuring 320 ml. The decoction should continue till the original quantity is reduced to a quarter.

Therapeutic benefits: This recipe is a perfect cure of the bleeding piles.

पथ्यादिक्वाथः–

पथ्योषणविडङ्गाग्नियमानीविश्वभेषजम् । कषायः शूलदुर्नामविबन्धाध्मानसूदनः ।।३३।।

33. Pathyādi Kvātha:

Decoction of the equal parts of *haraḍa*, *marica*, *vāyaviḍanga*, *citraka* root-barks, *yamānī* and dried ginger (each taken in equal parts and their combined weight measuring 20 gm.). It cures colic pain, piles, constipation and *ādhamana*.

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चिरबिल्वादिक्वाथः–

चिरबिल्वपुनर्नववह्न्यभयाकणनागरसैन्धवसाधितकम् । गुदकीलभगन्दरगुल्महरंजठराग्निविबर्द्धनमाशु नृणाम् ।।३४।।

34. Cīra Bilvādi Kvātha:

Ingredients: *Cīra bilva* (*karañja*), *punarnavā*, *citraka* root-barks, *haraḍa*, pepper, dried ginger and rock salt.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients each taken in equal parts and their combined weight measuring 20 gm. and water measuring 320 ml. Decoct the same till it is reduced to one fourth.

Therapeutic benefits: It cures piles, *bhagandara* and *gulma*. It also promotes the digestive power.

अर्शोघ्नः क्षारसूत्रप्रयोगः–

भावितं रजनीचूर्णैः स्नुहीक्षीरे पुनः पुनः । बन्धनात् सुदृढं सूत्रं छिनत्त्यर्शो न संशयः ।।३५।।

35. Get a strong cotton or silk string and dip the same into a solution of *haridrā* (5 gm.) and *snuhī* latex (50 ml.). Allow the string to remain dipped into the solution for 24 hours. Add fresh latex everyday for seven consecutive days to the solution. Thereafter remove out the string and straining the pie-buds through a pliers tie a close knot at its bottom. This measure definitely removes the ailing buds.

लवणोत्तमादिचूर्णम्–

लवणोत्तमवह्निकलिङ्गयवान् चिरबिल्वमहापिचुमर्दयुतान् ।
पिबसप्तदिनं मथितालुलितान् यदि मर्दितुमिच्छसि पायुगदान् ।।३६।।

36. Lavaṇottamādya Cūrṇa:

The powder of *lavaṇottama* (i. e. best of the salts or the rock salt), *vahni*, *kalinga*, *yava*, *cirabilva* and *mahā picumarda* should be mixed along with water and taken for seven days for the cure of piles. Dosage – 3—5 gm.

समशर्करं चूर्णम्–

शुण्ठीकणामरिचनागदलत्वगेलंचूर्णीकृतं क्रमविवर्द्धितमूर्ध्वमन्त्यात् ।
खादेदिदं समसितं गुदजाग्निमान्द्यकासारुचिश्वसनकण्ठहृदामयेषु ।।३७।।

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37. Sama Śarkara Cūrṇa:

Ingredients: Powder of smaller cardamom, cinamom bark, cassia leaves, *nāga dala*, *marica*, pepper, *śunṭhī* and *sita* or sugar.

Process of Drug-Making: This is a decoction-based formula involving the above ingredients in the following measures: powder of smaller cardamom (7 parts), cinamom bark (6 parts), cassia leaves (5 parts), *nāga dala* (4 parts), *marica* (3 parts), pepper (2 parts), *śunṭhī* (1 part) and *sita* or sugar (28 parts).

Therapeutic benefits: It should be taken for the cure of piles, suppression of the power of digestion, *kāsa* (coughs), anorexia and indispositions related to nose, throat and hearts.

व्योषाद्यचूर्णम्–

व्योषाग्न्यरुष्करविडङ्गतिलाभयानांचूर्णं गुडेन सहितं तु सदोपयोज्यम् ।
दुर्नामकुष्ठगरशोथशकृद्विबन्धानग्नेर्जयत्यबलतां क्रिमिपाण्डुतां च ।।३८।।

38. Vyoṣādya Cūrṇa:

Ingredients: Powder of *vyoṣa*, *agni*, *aruṣkara*, *viḍanga*, *tila*, *abhayā* and *guḍa*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Method f Use/Administration: Dosage: 3—5 gm. with equal measure of jaggery.

Therapeutic benefits: It is used for the cure of piles, *kuṣṭha* (skin diseases including leprosy), poisoning, edema, constipation, lost powder of digestion and metabolism, *kṛimi* (intestinal parasites) and anemia.

चिरबिल्वादिचूर्णम् (भा. भै. र.)–

चिरबिल्वाग्निसिन्धूत्थनागरेन्द्रयवारलुम् । तक्रेण पिबतोऽर्शांसि निपतत्यसृजा सह ।।३९।।

39. Cirabilvādi Cūrṇam:

Ingredients: Powder of the equal parts of *karañja* (*cirabilva*) (barks or its seed pulp), *citraka* roots, rock salt, dried ginger, *indrayava* and *śyoṇāka* barks.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

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Method of use/Administration: Treat buttermilk from the mixture of this powder (3gm. to 5 gm.) and drink the same daily.

Therapeutic benefits: It cures the bleeding piles.

विजयचूर्णम्–

त्रिकत्रयवचाहिङ्गुपाडाक्षारनिशाद्वयम् । चव्यतिक्ताकलिङ्गाग्निशताह्वालवणानि च ।।४०।।
ग्रन्थिबिल्वाजमोदाश्चगणोऽष्टाविंशतिर्मतः । एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् ।।४१।।
ततो द्विमाषप्रमितं पिबेदुष्णेन वारिणा । एरण्डतैलयुक्तन्तु सदा लिह्यात्ततो नरः ।।४२।।
कासं हन्यात्तथा शोथमर्शांसि च भगन्दरम् । हृच्छूलं पार्श्वशूलञ्च वातगुल्मं तथोदरम् ।।४३।।
हिक्काश्वासप्रमेहांश्च कामलां पाण्डुरोगताम् । आमान्वयमुदावर्त्तमन्त्रवृद्धिं गुदक्रिमीन् ।।४४।।
अन्ये च ग्रहणीदोषा ये मया परिकीर्त्तिताः । महाज्वरोपसृष्टानां भूतोपहतचेतसाम् ।।४५।।
अप्रजानान्तु नारीणां प्रजावर्द्धनमेव च । विजयो नाम चूर्णोऽयं कृष्णात्रेयेण पूजितः ।।४६।।

40-46. Vijaya Cūrṇa:

Ingredients: *Triphalā* herbs, *trikaṭu* herbs *trijāta* herbs, *vacā*, *hingu*, *pāṭhā*, *kṣāra*, *haridrā*, *dāru haridrā*, *cavya*, *tikta*, *kalinga*, *agni*, aniseeds, five varieties of *lavaṇa* (salts), *granthi*, *bilva* and *ajamodā*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: This powder is to be taken in measure of 2gm. to 4 gm. along with warm water or the castor oil.

Therapeutic benefits: This cures asthma, consumption, piles, fistula-in-*ano*, pain in cardiac region and sides of the chest, *vātika* type of *gulma* (phantom tumour), *udara* (abdominal diseases including), hiccup, asthma, *prameha* (urinary disorders including diabetes), jaundice, anemia, diseases caused by *āma*, *udāvarta* (upward movement of the wind in the abdomen), *āntra vriddhi* (hernia), *gudakrimi* (parasites in the anal region), sprue-syndrome, serious type of fever and affliction of the mind by evil spirits. This helps the sterile woman to conceive and procreate children. This is called *Vijaya Cūrṇa* and propounded by the sage Kṛiṣṇātreya Punarvasu.

धत्तूरादिचूर्णम् (भा. भै. र.)–

धत्तूरस्य फलं पक्वं पिप्पलीनागराभयाः । बालकं गुडसंयुक्तं भक्ष्यं गुञ्जाऽष्टकं निशि ।।
सितामध्वाज्यकर्षैकं पिबेत् पित्तार्शसां जये ।।४७।।

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47. Dhattūrādi Cūrṇam:

Ingredients: Powders of seeds from ripe *dhatūra* fruit, *pippalī*, *śunṭhī*, *harītakī*, *sugandhabālā* and jaggery.

Process of Drug-Making: Obtain powders of the following in measurement of 12 gm. each: seeds from ripe *dhatūra* fruit, *pippalī*, *śunṭhī*, *harītakī* and *sugandhabālā*. Take jaggery equivalent to the combined quantity of the above materials i.e 60 gm. and mortar them together. Fill the compound in a glass bottle.

Method of use/Administration: Consume this medication in doses of 8 gm. during night. Following this, take sugar (10 gm.) and honey (10 gm.) mixed in *ghṛitam* (10 gm.).

Therapeutic benefits: This cures piles caused due to disordered *pitta doṣa*.

कक्कोलाद्यं चूर्णम्–

कक्कोलमेला तगरं नागरं नागकेशरम् । जातीफलं च कर्पूरमुशीरं कृष्णजीरकम् ।।४८।।
लवङ्गं त्वक्पयः कृष्णागुरुनीलोत्पलंकणा ।चन्दनं च तुगाक्षीरी मांसी सर्वं समं समम् ।।४९।।
संचूर्ण्य योजयेत्तत्र सितांचूर्णार्द्धभागिकीम् । कक्कोलाद्यमिदं चूर्णं तूर्णं वातार्शसां कृते ।।५०।।
पूर्णं शान्तिप्रदं चाधिचूर्णं संवर्णितं शुभम् । त्रिदोषनाशनं रुच्यं तर्पणं वृष्यमुत्तमम् ।।५१।।
बलाधानं च विदधद्धृत्कटिजातमामयम् । पीनसं कसनं हिक्कां यक्ष्माऽरुचिबलक्षयम् ।।५२।।
प्रमेहं तमकश्वासं ग्रहणीमतिसारकम् । गुल्मादिकं निहन्त्येवमित्थमेवोपयोजितम् ।।५३।।

48-53. Kakkolādyam Cūrṇam:

Ingredients: *Kakkola*, smaller cardamom, *tagara*, dried ginger, *nāgakeśara*, *jātīphala*, camphor, *uśīra*, black cumin seeds, clove, cinnamon, *pippalī*, white sandalwood, *vanśa locana*, *jaṭāmānsī* and sugar.

Process of Drug-Making: Take powders of the following in measurement of 12 gm. each: *kakkola*, smaller cardamom, *tagara*, dried ginger, *nāgakeśara*, *jātīphala*, camphor, *uśīra*, black cumin seeds, clove, cinnamon, *pippalī*, white sandalwood, *vanśa locana* and *jaṭāmānsī*. Also take sugar measuring half the combined quantity of all materials i.e. (108 gm.). Mortar all these materials together and fill the compound in a glass bottle.

Therapeutic benefits: This medicine is known as *Kakkolādyam Cūrṇa* and is very effective in curing piles caused by the disordered *vāta doṣa*. It also cures disorders of other *doṣa*. It is tasty and satisfying medicine. It provides strength, stamina and aphrodisiac power to the body. If this medicine is consumed with different *anupānas*, it can cure diseases of heart, waist, sinus, *kāsa* (coughs),

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hiccups, *yakṣamā*, anorexia, *balakṣaya*, *prameha* (i.e. urinary disorders including diabetes), *tamaka śvās*, *sangrahaṇī*, *atisāra* and *gulma*, etc.

वेल्लजाद्यं चूर्णम्–

वेल्लजं सिन्धुजं कृष्णा जरणो विश्वभेषजम् । हरीतक्यामयब्रह्मदर्भाचित्रकरामठम् ।।५४।।
षड्ग्रन्था क्रिमिघ्नश्च समान्येतानि यत्नतः । आदाय चूर्णयेद्वैद्यस्तत्र च द्विगुणं गुडम् ।।५५।।
संमिश्र्य भक्षयेन्माषद्वितयं त्वस्य नित्यशः । उष्णेन वारिणा वातजार्शसस्तेन निश्चितम् ।।५६।।
गुदाङ्कुरा वातजाता विलयं यान्ति तस्य हि । वेल्लजाद्यमिदं चूर्ण-मनुभूतं भिषग्वरैः ।।५७।।

54-57. Vellajaḍyam Cūrṇam:

Ingredients: Black pepper, rock salt, *pippalī*, white cumin seeds, dried ginger, *harītakī*, *kuṭaja*, *ajamodā*, *citraka*, asafoetida, *vacā*, *vāyaviḍanga* and jaggery.

Process of Drug-Making: Obtain powders of the following in measurement of 20 gm. each: black pepper, rock salt, *pippalī*, white cumin seeds, dried ginger, *harītakī*, *kuṭaja*, *ajamodā*, *citraka*, asafoetida, *vacā* and *vāyaviḍanga*. Also take jaggery measuring twice the combined quantity of all the materials (i.e. 240 gm). Mortar all these materials and mix them in a wide pan. Fill the compound in a glass bottle.

Method of use/Administration: Consume this medicine in doses of 2 gm. along with warm water.

Therapeutic benefits: This medicine cures all types of piles, specially those caused out of disordered *vāta*.

शूरणपिण्डी–

चूर्णीकृताः षोडश सूरणस्य भागास्ततोऽर्द्धेन च चित्रकस्य ।
महौषधाद् द्वौ मरिचस्य चैकंगुडेन दुर्नामजयाय पिण्डी ।।
(पिण्ड्यां गुडो मोदकवत्पिण्डत्वापत्तिकारकः) ।।५८।।

58. Sūraṇa Piṇḍī:

Piṇḍī (thick paste like preparation) of the powder of *sūraṇa* (sixteen parts), *citraka* roots (eight parts), *mahauṣadha* (two parts), *marica* (one part) and *guḍa* (twenty seven parts) is useful in curing piles. In *piṇḍī*, the ratio of *guḍa* should be like *modaka*, i. e. in 1:2 ratio. It should be capable of making the recipe a thick paste (*piṇḍī*).

(Cakradatt)

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भल्लातकादिमोदकः–

भल्लातकं तिलं पथ्या चूर्णं गुडसमान्वतम् । मोदकं भक्षयेन्माषत्रयं पित्तार्शसां जये ।।५९।।

59. Bhallātakādi Modaka:

Ingredients: Pure *bhallātaka* fruit, black sesame and *harītakī* and old jaggery.

Process of Drug-Making: Take 48 gm. measure of the powders of pure *bhallātaka* fruit, black sesame and *harītakī* and old jaggery twice the quantity of all the materials i.e. 6 *pala* (288 gm.). Prepare ball shaped lump measuring 3gm. according to prescribed methods.

Method of use/ Administration and Therapeutic benefits: Consume this medicine in doses of 3 gm. to get relief from piles caused by the disordered *pitta*.

नागरादिमोदकः–

सनागरारुष्करवृद्धदारकंगुडेनयोमोदकमत्युदारकम्।
अशेषदुर्नामकरोगदारकंकरोतिवृद्धंसहसैव दारकम् ।।
चूर्णे चूर्णसमो देयो मोदके द्विगुणो गुडः ।।६०।।

60. Nāgarādi Modaka:

Ingredients: *Nāgara*, *aruṣkara* and *vṛiddha dāraka* and old jaggery.

Process of Drug-Making: Take *nāgara*, *aruṣkara* and *vṛiddha dāraka* measuring 48 gm. each and old jaggery measuring twice the combined amount of the rest. Prepare *modaka* (ball-size bolus) measuring 3 gm. by this recipe.

Therapeutic benefits: It is very effective in curing all types of piles and it promotes virility in old persons.

अगस्तिमोदकः (यो. र.)–

हरीतकीनां त्रिपलं त्रीण्याम्राणि कटुत्रिकम् । त्वक् पत्रकं चार्द्धपलं गुडस्याष्टपलं मतम् ।।६१।।
अगस्तिमोदकानेतान् कल्पितान् परिभक्षयेत् । शोफार्शोग्रहणीदोषकासोदावर्त्तनाशनान् ।।६२।।

61-62. Agastimodaka:

Ingredients: *Harītakī*, dried ginger, *marica*, *pippalī*, cinnamon, cassia leaves and old jaggery.

Process of Drug-Making: Prepare ball shaped lump of the following powdered materials according to prescribed methods: *harītakī* (140 gm.), dried

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ginger (46 gm.), *marica* (46 gm.), *pippalī* (46 gm.), cinnamon (23 gm.), cassia leaves (23 gm.), old jaggery (375 gm.).

Method of use/Administration: This medicine is known as *Agaśti Modaka* and should be consumed in doses of 6-12 gm. with different *anupānas* depending on the indispositions.

Therapeutic benefits: This medicine cures diseases like *śotha*, piles, vitiated *grahaṇī*, (*kāsa*) coughs, *udavarta* and the like.

स्वल्पशूरणमोदकः–

मरिचमहौषधचित्रकशूरणभागायथोत्तरंद्विगुणाः। सर्वसमोगुडभागःसेव्योऽयमोदकःसिद्धफलः ।।६३।।
ज्वलनंज्वलयतिजाठरमुन्मूलयतिगुल्मशूलगदान्।निःशेषयतिश्लीपदमवश्यमर्शांसिनाशयत्याशु ।।६४।।

63-64. Svalpa Sūraṇa Modaka:

Ingredients: *Marica*, *mahauṣadha*, *sūraṇa*, *citraka* and *guḍa*.

Process of Drug-Making: *Modakas* should be made out of *marica* (12 gm.), *mahauṣadha* (24 gm.), *sūraṇa* (48 gm.), *citraka* (96 gm.) and *guḍa* (180 gm.).

Therapeutic benefits: It stimulates the powder of digestion and metabolism. It instantaneously cures abdominal diseases, colic-pain, *gulma* (phantom tumour), *ślīpada* (elephantiasis) and piles.

(Cakradatt)

बृहच्छूरणमोदकः–

शूरणषोडशभागा वह्नेरष्टौ महौषधस्यातः । अर्द्धेन भागयुक्तिर्मरिचस्य ततोऽपि चार्द्धेन ।।६५।।
त्रिफलाकणासमूलातालीशारुष्करक्रिमिध्नानाम् ।भागामहौषधसमा दहनांशा तालमूली च ।।६६।।
भागः शूरणतुल्यो दातव्यो वृद्धदारकस्यापि । भृङ्गैले मरिचांशे सर्वाण्येकत्र सञ्चूर्ण्य ।।६७।।
द्विगुणेन गुडेन युतःसेव्योऽयंमोदकःप्रकामधनैः । गुरुवृष्यभोज्यरहितेष्वितरेषूपद्रवं कुर्यात् ।।६८।।
भस्मकमनेनजनितंपूर्वमगस्त्यस्यस्थयोगराजेन । भीमस्यमारुतेरपि येन हि तौ महाशनौ जातौ ।।६९।।
अग्निबलवृद्धिहेतुर्न केवलंशूरणो महावीर्यः । प्रभवति शस्त्रक्षाराग्निभिर्विनाऽप्यर्शसामेषः ।।७०।।
श्वयथुश्लीपदगरजिद्ग्रहणीहिक्कांसदाऽनिलजाम् ।नाशयतिवलीपलितंमेधांकुरुतेवृषत्वं च ।।७१।।
हिक्कां श्वासं कासं सराजयक्ष्मप्रमेहांश्च । प्लीहानञ्चाप्युग्रं हन्तीति रसायनं पुंसाम् ।।७२।।

65-72. Bṛihat Sūraṇa Modaka:

Ingredients: *Sūraṇa*, *vahni*, *mahauṣadha*, *marica*, *triphalā*, *kaṇā*, root of *kaṇā*, *tālīśa*, *aruṣkara*, *kṛimighna*, *muṣalīkanda*, *vṛiddhā dāraka*, *bhṛinga* (i.e. powder of the cinamon bark), *elā*, *marica* and *guḍa*.

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Process of Drug-Making: Gather powders of the following herbs in the indicated measures : *sūraṇa* (192 gm.), *vahni* (96 gm.), *mahauṣadha* (48 gm.), *marica* (24 gm.) 48 gm. of the equal weights of the *triphalā*, *kaṇā*, *kaṇāmūla*, *tālīśapatra*, *aruṣkara* and *kṛimighna*, *muṣalīkanda* (96 gm.), *vṛidḍha dāraka* (192 gm.), and *bhṛinga* (24 gm.), *elā* (24 gm.). Prepare a powder out of that and mix them together. To this, double the quantity of *guḍa* (i. e. 3168 gm.) should be added and *modakas* should be made out of it.

Method of use/Administration: The patient using this recipe should take heavy and aphrodisiac diets. Otherwise, he is likely to succumb to many complications. By the use of this recipe in the days of yore, the sage Agastya, Bhīma and Hanumāna got *bhasmaka* type of *agni* which is capable of digesting anything.

Therapeutic benefits: The preparation is not only effective in stimulating the power of digestion but it also cures piles without the use of alkalis and cauterization. It also cures edema, elephantiasis, poisoning, sprue-syndrome, diseases of *kapha* and *vāyu* and premature wrinkling and graying. It promotes intellect and virility. It is effective in curing hiccup, asthma, *kāsa* (coughs), tuberculosis, *prameha* (urinary disorders) and spleen-disorders. It rejuvenates human-beings and promotes intellect as well as the aphrodisiac power.

(Cakradatt)

काङ्कायनमोदकः–

पथ्या पञ्चपलान्येकमजाज्या मरिचस्य च । पिप्पलीपिप्पलीमूलचव्यचित्रकनागराः ।।७३।।
पलाभिवृद्ध्या क्रमशो यवक्षारपलद्वयम् । भल्लातकपलान्यष्टौ कन्दस्य द्विगुणो मतः ।।७४।।
द्विगुणेन गुडेनैषां वटकाञ् शाणसम्मितान् । कृत्वैनं भक्षयेत् प्रातस्तक्रमम्भोऽनु वा पिबेत् ।।७५।।
मन्दाग्निं दीपयत्येव ग्रहणीपाण्डुरोगनुत् । काङ्कायनेन शिष्येभ्यः शस्त्रक्षाराग्निभिर्विना ।।
भिषग्जितमिति प्रोक्तं श्रेष्ठमर्शोविकारिणाम् ।।७६।।

73-76. Kāṅkāyana Modaka:

Ingredients: *Pathyā*, *ajājī*, *marica*, *pippalī*, root of *pippalī*, *cavya*, *citraka*, *nāgara*, *yava kṣāra*, *bhallātaka*, *kanda* or *sūraṇa* and jaggery.

Process of Drug-Making: Raise powders of the *pathyā* (240 gm.), *ajājī* (48 gm.), *marica* (48 gm.), *pippalī* (48 gm.), root of *pippalī* (96 gm.), *cavya* (144 gm.), *citraka* (192 gm.), *nāgara* (240 gm.a), *yava kṣāra* (96 gm.), *bhallātaka* (384 gm.)

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and *kanda* or *sūraṇa* (768 gm.) and jaggery measuring 4608 gm. *Vaṭakas* (large size bolus) of 4 gm. measure each should be prepared out of it.

Method of use/Administration: It should be served to the patient every morning along with butter-milk or cold water.

Therapeutic benefits: It stimulates the suppressed power of digestion and cures sprue-syndrome as well as anemia. This excellent recipe was taught by the sage Kāñkāyana to his disciples with a view to enable them to cure cases of piles without any surgery (*śastra*), alkalies (*kṣāra*) and cauterization (*agni*).

(Cakradatt)

मणिभद्रमोदकः–

विडङ्गसारामलकाभयानांपलं पलं स्यात् विवृतात्रयञ्च ।
गुडस्य षड् द्वादशभागयुक्ता विमर्द्य सम्यग् गुडिका विधेया ।।७७।।
निवारणे यक्षबरेण सृष्टः स माणिभद्रः किल शाक्यभिक्षवे ।
अयं हि कासक्षयकुष्ठनाशनोभगन्दरप्लीहजलोदरार्शसाम् ।।७८।।
यथेष्टचेष्टान्नविहारसेवी अनेन वृद्धस्तरुणो भवेच्च ।।७९।।

77 - 79. Maṇi Bhadra Modaka:

Ingredients: Pulp of *viḍanga*, *āmalakī*, *abhayā*, *tṛivṛit* and *guḍa*.

Process of Drug-Making: Obtain pulp of *viḍanga* (48 gm.), *āmalakī* (48 gm.), *abhayā* (48 gm.), *tṛivṛit* (144 gm.) and *guḍa* (288 gm.). Triturate them together and compounding them thoroughly prepare pills measuring 12 gm. each. This is called *Maṇi Bhadra Modaka*. It was taught to Buddhist monks by the *yakṣa* called Nivāraṇa.

Method of use/Administration: There is no restriction of food and regimens while using this recipe.

Therapeutic benefits: This cures cough, consumption, *kuṣṭha* (skin diseases including leprosy), fistula-in-*ano*, spleen disorders, *jalodara* and piles. This rejuvenates well and even an old man could turn into a youthful man using the recipe.

(Cakradatt)

प्राणदा गुटिका–

त्रिपलं शृङ्गबेरस्य चतुर्थं मरिचस्य च । पिप्पल्याः कुडवार्द्धञ्च चव्यस्य पलमेव च ।।८०।।

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तालीशपत्रस्य पलं पलार्द्धं केशरस्य च । द्वे पले पिप्पलीमूलावर्द्धकर्षञ्च पत्रकात् ।।८१।।
सूक्ष्मैलाकर्षमेकञ्च कर्षं च त्वग्मृणालयोः । गुडात्पलानि त्रिंशच्च चूर्णमेकत्र कारयेत् ।।८२।।
अक्षप्रमाणा गुडिका प्राणदेति प्रकीर्त्तिता । पूर्वं भक्ष्या च पश्चाच्च भोजनस्य यथावलम् ।।८३।।
मद्यं मांसरसं यूषं क्षीरं तोयं पिबेदनु । हन्यादर्शांसि सर्वाणि सहजान्यस्त्रजान्यपि ।।८४।।
वातपित्तकफोत्थानि सन्निपातोद्भवानि च । पानात्यये मूत्रकृच्छ्रे वातरोगे गलग्रहे ।।८५।।
विषमज्वरेच मन्देऽग्नौ पाण्डुरोगे तथैव च । क्रिमिहृद्रोगिणाञ्चैव गुल्मशूलार्त्तिशालिनाम् ।।८६।।
श्वासकासपरीतानामेषा स्यादमृतोपमा । शुण्ठ्याः स्थानेऽभया देया विड्ग्रहे पित्तपायुजे ।।८७।।
प्राणदेयं सिता देया चूर्णमानाच्चतुर्गुणा । अम्लपित्ताग्निमान्द्यादौ प्रयोज्या गुदजातुरे ।।८८।।
अनुपानं प्रयोक्तव्यं व्यधौ श्लेष्मभवे पलम् । पलद्वयन्त्वनिलजे पित्तजे तु पलत्रयम् ।।८९।।
पक्त्वैनंगुडिकाः कार्या गुडेन सितयाऽथवा । परं हि वह्निसंसर्गाल्लघिमानं भजन्ति ताः ।।९०।।

80-90. Prāṇadā Guṭikā:

Ingredients: Powders of the dried ginger, *marica*, *pippalī*, *cavya*, *tālīśa pātra*, *keśara*, root of *pippalī*, *pātra*, *sūkṣmailā*, *tvak*, *mṛiṇāla* and *guḍa*.

Process of Drug-Making: Gather powders of the dried ginger (144 gm.), *marica* (48 gm.), *pippalī* (half *kuḍava* = *2 palas*= 96 gm.), *cavya* (48 gm.), *tālīśa pātra* (48 gm.), *keśara* (24 gm.), root of *pippalī* (96 gm.), *pātra* (6 gm.), *sūkṣmailā* (12 gm.), *tvak* (12 gm.), *mṛiṇāla* (12 gm.) and *guḍa* (1440 gm.). Compound them together and thoroughly. Pills of 6 gm. measure should be made out of it.

Method of use/Administration: This medicine should be taken before food. This is called *Prāṇada guṭikā*. Depending upon the strength of the patient, he should, thereafter, be given alcoholic drinks, meat-soup, vegetable-soup, milk and water. If there is constipation or aggravation of *pitta* and *vāyu*, then *abhayā* should be added in this recipe in the place of *śunṭhī* (dried ginger). Along with sugar in four times of the quantity of the powder, it should be administered in *āmla pitta* (a condition characterized by the suppression of the power of digestion and acidity), *agni māndya* (suppression of the power of digestion and metabolism) and piles. In *kaphaja* type of disease, the *anupāna* (vehicle) should be 48 gm. measure of *mudga* pulse-soup, in *vātika* diseases 96 ml. of meat juice and in *paittika* diseases 144 ml. of milk. Some authorities, however suggest to prepare the medicinal balls by mixing the herbs into syrup of *guḍa* or sugar. By cooking the medicine on fire, the preparation becomes easy to digest.

Therapeutic benefits: This cures all types of piles including *sahaja*, *raktaja*, *vatikā*, *paittika*, *kaphaja* and *sannipātika* types. It is like a nectar for patients suffering from *pānātyaya* (alcoholism), *dysuria*, *vātika* diseases, obstruction to

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throat, irregular type of fever, suppression of the power of digestion and metabolism, anemia, *kṛimi roga* (intestinal parasites), heart disease, *gulma* (phantom tumour), colic-pain, asthma and *kāsa* (coughs).

(Cakradatt)

नागार्जुनयोगः–

त्रिफला पञ्चलवणं कुष्ठं कटुकरोहिणी । देवदारु विडङ्गानि पिचुमर्दफलानि च ।।
बला चातिबला चैव हरिद्रे द्वे सुवर्चला । एतत्संभृतसंभारं करञ्जत्वग्रसेन च ।।
पिष्ट्वाचगुडिकांकृत्वाबदरास्थिसमांबुधः ।एकैकां तां समुद्धृत्य रोगे रोगे पृथक् पृथक् ।।९१।।
उष्णेन वारिणा पीता शान्तमग्निं प्रदीपयेत् । अर्शांसि हन्ति तक्रेण गुल्ममम्लेन निर्हरेत् ।।९२।।
जन्तुदष्टं तु तोयेन त्वग्दोषं खदिराम्बुना । मूत्रकृच्छ्रन्तु तोयेन हृद्रोगं तैलसंयुता ।।९३।।
इन्द्रस्वरससंयुक्ता सर्वज्वरविनाशिनी । मातुलुङ्गरसेनाथ सद्यः शूलहरी स्मृता ।।९४।।
कपित्थबिन्दुकानान्तु रसेन सह मिश्रिता । विषाणि हन्ति सर्वाणि पानाशनप्रयोगतः ।।९५।।
गोशकृद्रससंयुक्ता हन्यात् कुष्ठानि सर्वशः । श्यामाकषायसहिता जलोदरविनाशिनी ।।९६।।
भक्तच्छन्दं जनयति भुक्तस्योपरि भक्षिता । अक्षिरोगेषु सर्वेषु मधुनाऽऽघृष्य चाञ्जयेत् ।।९७।।
लेहमात्रेण नारीणां सद्यः प्रदरनाशिनी ।।९८।।
व्यवहारे तथा द्यूते संग्रामे मृगयाऽऽदिषु ।।९९।।
समालभ्य नरो ह्येनां क्षिप्रं विजयमाप्नुयात् ।।१००।।

91-100. Nāgarjuna Yoga:

Ingredients: *Tṛiphalā* herbs, five varieties of *lavaṇa* (salts), *kuṣṭha*, *kaṭuka rohiṇī*, *deva dāru*, *viḍanga*, fruits of *picumarda*, *balā*, *atibalā*, *haridrā*, *dāru hairdra*, *suvarcala*, *karañja* and *agrasena*.

Process of Drug-Making: Take in equal parts the *tṛiphalā* herbs, five varieties of *lavaṇa* (salts), *kuṣṭha*, *kaṭuka rohiṇī*, *deva dāru*, *viḍanga*, fruits of *picumarda*, *balā*, *atibalā*, *haridrā*, *dāru hairdra*, *suvarcala*, *karañja* and *agrasena*. Triturate them together and prepare a *kalka* out of the compound. Pills of the size of the seeds of *badara* should be made out of this *kalka*.

Method of use/ Administration and Therapeutic benefits: This should be taken in different diseases along with different *anupānas* (vehicles). If taken with warm water, it stimulates the suppressed power of digestion. With butter-milk it cures piles and with sour juice it eradicates *gulma* (phantom tumour). Taken along with ordinary water it cures *kṛimi* (intestinal parasites).

If taken with the decoction of *khadira*, it curs skin diseases. Along with ordinary water it also cures *dysuria* and taken with oil, it cures heart disease. With

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the juice of *kuṭaja* it cures all types of fever and with the juice of *mātulunga* it instantaneously cures all types of colic pain. With the juice of *kapittha* and *tinduka* it cures all types of poisoning. For the treatment of poisoning, it may be added to drinks and food. Along with the juice of cow-dung it cures all types of *kuṣṭha* (skin diseases including leprosy). With the decoction of *śyāmā*, it cures *jalodara* (ascites). If taken after food, it helps in its digestion. Along with honey, it is useful in all types of eye diseases and pain in cardiac region. By the application (*lepa*) of this recipe, *pradara* (*menorrhagia*) of women gets immediately cured. By its use, a person becomes victorious even in his daily conducts, in gambling, in war and in hunting. (This is a great medicine for the piles, *grahaṇī* and loss of digestive power.)

(Cakradatt)

कुटजलेहः–

कुटजत्वक् पलशतं जलद्रोणे विपाचयेत् । अष्टभागावशिष्टन्तु कषायमवतारयेत् ।।१०१।।
वस्त्रपूतं पुनः क्वाथं पचेल्लेहत्वमागतम् । भल्लातकं विडङ्गानि त्रिकटुत्रिफले तथा ।।१०२।।
रसाञ्जनं चित्रकञ्च कुटजस्य फलानि च । वचामतिविषां बिल्वं प्रत्येकञ्च पलं पलम् ।।१०३।।
गुडात्पलानित्रिंशच्च चूर्णीकृत्य विनिक्षिपेत् । मधुनः कुडवं दद्याद् घृतस्य कुडवं तथा ।।१०४।।
एषलेहः शमयति चार्शो रक्तसमुद्भवम् । वातिकं पैत्तिकञ्चापिश्लैष्मिकं सान्निपातिकम् ।।१०५।।
ये च दुर्नामजा रोगास्तान् सर्वान्नाशयत्यपि । अम्लपित्तमतीसारं पाण्डुरोगमरोचकम् ।।१०६।।
ग्रहणीमार्दवं कार्श्यं श्वयथुं कामलामपि । अनुपानं घृतं दद्यान्मधु तक्रं जलं पयः ।।१०७।।
रोगानीकविनाशाय कौटजो लेह उत्तमः ।।१०८।।

101-108. Kuṭajaleha:

Ingredients: Bark of *kuṭaja*, *mustā*, *moca rasa*, *lodhra*, *kapittha* (fruit), *dhātakī*, *bhallātaka*, *viḍanga*, *tṛikaṭu*, *tṛiphalā*, *rasāñjana*, *citraka*, *kuṭaja* (fruit), *vacā*, *ativiṣā*, *bilva*, powder of *guḍa*, honey and *ghṛitam*.

Process of Drug-Making: One 5 kg. of bark of *kuṭaja* should be boiled with 13 litre of water till one eighth of the original remains. This should be strained through a cloth and the decoction should be further boiled into a confection. Add to the preparation, 46 gm. of the powder of each of *mustā*. *moca rasa*, *lodhra*, *kapittha* (fruit), *dhātakī*, *bhallātaka*, *viḍanga*, *tṛikaṭu*, *tṛiphalā*, *rasāñjana*, *citraka*, *kuṭaja* (fruit), *vacā*, *ativiṣā* and *bilva* and 1400 gm. of the powder of jaggery. 187 gm. each of honey and *ghṛitam* should also be added to the preparation.

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Method of use/Administration: As *anupāna ghṛitam*, honey, butter-milk, water or milk may be given considering the *doṣas* conditions of the patient.

Therapeutic benefits: This confection cures *vātika*, *paittika*, *śleṣmika* and *sannipātika* types of piles and all their attending complications. It also cures *āmla pitta* (indigestion and sour eructation), diarrhoea, anemia, anorexia, sprue syndrome, emaciation, edema and jaundice. This recipe is noted for curing many diseases.

(Cakradatt)

कुटजरसक्रिया–

कुटजत्वचोविपाच्यंशतपलमार्द्रंमहेन्द्रसलिलेन । यावत्स्यादरसंतद्द्रव्यं स रसस्ततो ग्राह्यः ।।१०९।।
मोचरसःससमङ्गःफलिनीचपलांशिभिस्त्रिभिस्तैश्च । वत्सकबीजंतुल्यंचूर्णीकृतमत्रदातव्यम् ।।११०।।
पूतोत्क्वथितःसान्द्रःसरसोदर्वीप्रलेपनोग्राह्यः।मात्राकालोपहितारसक्रियैषाजयत्यसृक्स्रावम्।।१११।।
छगलीपयसायुक्तापेयामण्डेनवायथाग्निबलम् । जीर्णौषधश्चशालीन् पयसा छागेन भुञ्जीत ।।११२।।
रक्तार्शस्यतिसारंशूलंसासृग्युजो निहन्त्याशु । बलवच्च रक्तपित्तं रसक्रियैषा ह्युभयभागम् ।।११३।।

109-113. Kuṭaja Rasa Kṛiyā:

Ingredients: Rain water (*mahendra salila*), freshly collected (wet) bark of *kuṭaja*, *moca rasa*, *samangā*, *phalini*, *vatsaka* seed.

Process of Drug-Making: Boil with rain water (*mahendra salila*) (20 litre), 5 kg. of the freshly collected (wet) bark of *kuṭaja* till the decoction absorbs the essence of the herbs (as a matter of fact, till the preparation is reduced till one-forth.). To the decoction, thus obtained, 46 gm. of the powder of each of *moca rasa*, *samangā*, *phalinī* and 140 gm. measure of the powder of *vatsaka* seed should be added and further boiled till a shape of confection is formed.

Method of use/Administration: This *rasa kṛiyā* in appropriate dose should be taken in suitable time. This recipe should be taken either with goat's milk or with *peya* or with *manḍa* depending upon the powder of the patient. After the medicine is digested the patient should take rice along with goat's milk.

Therapeutic benefits: It cures *rakta pitta* (bleeding from different parts of the body). It cures bleeding piles, diarrhoea associated with bleeding, colic pain, and serious type of *rakta pitta*.

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दशमूलगुडः–

दशमूलाग्निदन्तीनां प्रत्येकं पलपञ्चकम् । जलद्रोणेन संक्वाथ्य पादशेषे समुद्धरेत् ।।११४।।
गुडं पलशतञ्चैव सिद्धे शीते विमिश्रयेत् । त्रिवृताया रजःप्रस्थं तदर्द्धं पिप्पलीरजः ।।११५।।
घृतभाण्डे स्थितं खादेत् कर्षमात्रं दिने दिने । दशमूलगुडः ख्यातः शमयेदर्श आमयम् ।।
अजीर्णं पाण्डुरोगञ्च सर्वरोगहरं परम् ।।११६।।

114-116.Daśamūla Guḍa:

Ingredients: *Daśamūla*, root of *citraka*, root of *dantī*, water, old jaggery, powders of root of *tṛivṛit* (*niśotha*) and *pippalī*.

Process of Drug-Making: Obtain *daśamūla* (250 gm.), root of *citraka* (250 gm.) and root of *dantī* (250 gm.). Thrash these materials coarsely and decoct them in 13 litre measure of water. Decoct them until the original quantity is reduced to one fourth. Filter this decoction and fill it in a round pan. Add old jaggery (5 kg.) to the preparation and continue cooking. Remove the cooked preparation (after it is properly cooked) from stove and treat it with powders of root of *tṛivṛit* (*niśotha*) (750 gm.) and *pippalī* (375 gm.). Stir the preparation properly and pour it into an earthen pot coated with *ghṛitam* from inside.

Method of use/Administration: Consume this *Daśamūla Guḍa* in doses of 6 gm. daily.

Therapeutic benefits: The medicine cures disorders like piles, *ajīrna*, *pāṇḍu* and can provide relief from various other diseases if taken with different *anupānas*.

श्रीबाहुशालो गुडः–

त्रिवृत्तेजोवती दन्ती श्वदंष्ट्रा चित्रकं शटी । गवाक्षी मुस्तविश्वाह्वविडङ्गानि हरीतकी ।।११७।।
पलोन्मितानि चैतानि पलान्यष्टावरुष्करात् । षट्पलं वृद्धदारस्य शूरणस्य च षोडश ।।११८।।
जलद्रोणद्वयेक्वाथ्यं चतुर्भागावशेषितम् । पूतन्तु तं रसं भूयः क्वाथ्येभ्यस्त्रिगुणो गुडः ।।११९।।
लेहं पचेत्तु तं तावद्यावद्दर्वीप्रलेपनम् । अवतार्य ततः पश्चाच्चूर्णानीमानि दापयेत् ।।१२०।।
त्रिवृत्तेजोवतीकन्दचित्रकान्द्विपलांशिकान् । एलात्वङ्मरिचञ्चापिगजाह्वांचापिषट्पलाम् ।।१२१।।
द्वात्रिंशत्पलमेवात्र चूर्णं दत्त्वा निधापयेत् । ततो मात्रां प्रयुञ्जीत जीर्णे क्षीररसाशनः ।।१२२।।
पञ्चगुल्मान् प्रमेहांश्च पाण्डुरोग हलीमकम् । जयेदर्शांसि सर्वाणि तथा सर्वोदराणि च ।।१२३।।
दीपयेद् ग्रहणीं मन्दां यक्ष्माणमपकर्षति । पीनसे च प्रतिश्याये चाढ्यवाते तथैव च ।।१२४।।
अयं सर्वगदेष्वेव कल्याणो लेह उत्तमः । दुर्नामारिरयञ्चाशु दृष्टो वारसहस्रशः ।।१२५।।
भवन्त्येनं प्रयुञ्जानाः शतवर्षं निरामयाः । आयुषो दैर्घ्यजननो वलीपलितनाशनः ।।१२६।।
रसायनवरश्चैव मेधाजनन उत्तमः । गुडः श्रीबाहुशालोऽयं दुर्नामारिः प्रकीर्त्तितः ।।१२७।।

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117-127. ŚrīBāhu Śāla Guḍa:

Ingredients: *Tṛivṛit, tejovatī, dantī, svādamṣṭra, citraka, śaṭī, gavākṣī, viśvā, mustā, viḍanga* and *harītakī*, 384 gm. of *aruṣkara*, 288 gm. of *vṛiddha dara, sūraṇa, guḍa, kanda* and *citraka, elā, tvak, marica* and *gajapippalī*.

Process of Drug-Making: Take 50 gm. each of *tṛivṛit, tejovatī, dantī, svādamṣṭra, citraka, śaṭī, gavakṣi, viśvā, mustā, viḍanga* and *harītakī*, 400 gm. of *aruṣkara*, 300 gm. of *vṛiddha dara* and 800 gm. of *sūraṇa*. Boil them together with 26 litre of water till one fourth of the original remains. This decoction should be added with 1950 gm. of *guḍa* and further boiled till it takes a shape of confection and sticks to the spoon (*dārvī pralepa*). This should then be removed from the oven. To this, the powders of 93 gm. each of *tṛivṛit, tejovoti, kanda* and *citraka* and 280 gm. each of *elā, tvak, marica* and *gajapippalī* should then be added. The preparation should be stirred properly and be preserved in a glass jar.

Method of use/Administration: It should be given to the patient in doses of 12-36 gm. along with cold water daily. After its digestion, the patient should be served milk and meat soup and like items to eat.

Therapeutic benefits: It cures five varieties of *gulma* (phantom tumour), *prameha* (urinary disorders including diabetes), anemia, *halīmaka* (a serious type of jaundice), all types of piles and all types of *udara* (abdominal diseases). It stimulates digestive power and cures tuberculosis, chronic cold, ordinary cold and *ādhya vāta* (osteo- arthrities). This confection is useful in all types diseases and its therapeutic utility in curing piles has been observed for thousands of times. By the use of this recipe one lives for one hundred years free from any disease. it promotes longevity and prevents wrinkling of the skin and graying of hair. This is the best among the rejuvenating recipes. It also promotes intellect. This is called *Śrī Bāhuśāla Guḍa* and it is known as a sure cure for piles.

(Cakradatt)

गुडपाकपरीक्षा–

सुखमर्द्दः खरम्पर्शो गन्धवर्णरसान्वितः । पीडितो भजते मुद्रां गुडः पाकमुपागतः ।।१२८।।

128. Testing a Guḍapāka:

Properly cooked old jaggery can be easily pressed with fingers. The same gives a pleasant and dry feeling when touched with fingers. It carries good aroma,

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necessary complexion and forms impressions when pressed. This type of cooked jaggery can be considered apt for medicinal purposes.

(Cakradatt)

गुडभल्लातकः (प्रथमश्चक्रदत्तोक्तः)–

भल्लातकसहस्रे द्वे जलद्रोणे विपाचयेत् । पादशेषे रसे तस्मिन् पचेद् गुडतुलां भिषक् ।।१२९।।
भल्लातकसहस्रार्द्धं छित्त्वा तत्र प्रदापयेत् । सिद्धेऽस्मिंस्त्रिफलाव्योषयमानीमुस्तसैन्धवम् ।।१३०।।
कर्षांशसंमितं दद्यात् त्वगेलापत्रकेशरम् । खादेदग्निबलापेक्षी प्रातरुत्थाय मानवः ।।१३१।।
कुष्ठार्शःकामलामेहग्रहणीगुल्मपाण्डुताः । हन्यात्प्लीहोदरं कास-क्रिमिरोगभगन्दरान् ।।१३२।।
गुडभल्लातको ह्येष श्रेष्ठश्चार्शोविकारिणाम् ।।१३३।।

129-133. Bhallātaka Guḍa:

Ingredients: Two thousand fruits of *bhallātaka*, *guḍa*, five hundred fruits of *bhallātaka* (with their outer coating removed), *tṛiphalā*, *vyoṣa*, *yavānī*, *mustā*, rock salt, *tvak*, *elā*, *pātra* and *keśara*.

Process of Drug-Making: Two thousand fruits of *bhallātaka* should be boiled with 12.50 litres of water till one fourth remains. To this, 12 gm. of *guḍa* and five hundred fruits of *bhallātaka* (with their outer coating removed) should be added. After the preparation takes the shape of confection, the powder of 12 gm. of each of *tṛiphalā* herbs, *vyoṣa*, *yavānī*, *mustā*, rock salt, *tvak*, *elā*, *pātra* and *keśara* should be added to it.

Therapeutic benefits: This recipe cures *kuṣṭha* (skin diseases including leprosy), piles, jaundice, *meha* (urinary disorders including diabetes), sprue syndrome, gulma (phantom tumour), anemia, spleen disorder, *kāsa* (coughs), *kṛimi roga* (intestinal parasites) and *bhagandara*. This is called *Bhallātaka Guḍa* and it is the best recipe for the treatment of piles.

(Cakradatt)

गुडभल्लातकः (द्वितीयकश्चक्रदत्तोक्तः)–

दशमूलामृता भार्गी श्वदंष्ट्रा चित्रकं शटी । भल्लातकसहस्रं च पलांशं क्वाथयेद् बुधः ।।१३४।।
पादशेषे जलद्रोणे रसे तस्मिन् विपाचयेत् । दत्त्वा गुडतुलामेकां लेहीभूतं समुद्धरेत् ।।१३५।।
माक्षिकं पिप्पलीं तैलमौरुबूकञ्च दापयेत् । अर्शः कासमुदावर्त्तं पाण्डुतां शोथमेव च ।
नाशयेद्वह्निसादं च गुडभल्लातकः स्मृतः ।।१३७।।

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134-137. Bhallātaka Guḍa (Second recipe):

Ingredients: One thousand fruits of *bhallātaka*, *daśamūla*, *amṛitā*, *bhārgī svādamṣṭra*, *citraka*, *śaṭī*, water, *guḍa*, *pippalī*, castor-oil, cinnamon bark, smaller cardamom, *marica* and honey.

Process of Drug-Making: One thousand fruits of *bhallātaka* and 46 gm. each of *daśamūla*, *amṛitā*, *bhārgī*, *svādamṣṭra*, *citraka* and *śaṭī* should be boiled along with 13 litre of water and reduced to one fourth. To this, 5 kg. of *guḍa* should be added and boiled till the form of confection is attained. After that, it should be removed from the oven. After it cools down to the atmospheric temperature, 190 gm. of each of *pippalī*, castor-oil, cinnamon bark, smaller cardamom, *marica* and honey should be added.

Therapeutic benefits: This is medicine called *Bhallātaka Guḍa*. It cures piles, *kāsa* (coughs), *udāvarta* (upward movement of wind in abdomen), anemia, edema and suppression of the power of digestion.

वार्त्ताकुगुडिका (च. द.)–

चतुष्पलं सुधाकाण्डात् त्रिषलं लवणत्रयात् । वार्त्ताकुकुडवञ्चार्कादष्टौ द्वे चित्रकात्पले ।।१३८।।
दग्ध्वारसेनवार्त्ताकोर्गुडिकाभोजनोत्तराः । भुक्ता भुक्तं पचन्त्याशुकासश्वासार्शसां हिताः ।।१३९।।
विसूचिकाप्रतिश्याय-हृद्रोगशमनाश्च ताः ।।१४०।।

138-140. Vārtāku Guḍikā:

Ingredients: Bark of *snuhī*, *sauvarcala* salt, rock salt, *viḍa* salt, *vārtāku* (aubergine), *citraka*, bark of ark's root and decoction of aubergine.

Process of Drug-Making: Take the following materials: bark of *snuhī* (185 gm.), *sauvarcala* salt (46 gm.), rock salt (46 gm.), *viḍa* salt (46 gm.), *vārtāku* (aubergine) (185 gm.), *citraka* (93 gm.) and bark of ark's root (375 gm.). Burn all these materials to ashes and mortar the same along with the decoction of aubergine. Prepare small ball shaped pills measuring 1 g.

Method of use/Administration: Consume these pills after taking meals.

Therapeutic benefits: It helps in digesting food and cures *kāsa* (coughs), ashthma, piles, *viṣūcīkā* (lose motions and pricking-pain all over the body), cold and indispositions related to heart.

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रक्तार्शसामादौ रक्तस्राव उपेक्षा–

रक्तार्शसामुपेक्षेत रक्तमादौ स्रवद्भिषक् । दुष्टास्रे निगृहीते तु शूलानाहावसृग्गदाः ।।१४१।।

141. Treatment of Bleeding Piles:

If there is bleeding in piles, the physician should not stop it immediately. On the other hand, blood-letting therapy should be performed to eliminate the remaining vitiated blood. If this vitiated blood is retained in the body, it may cause colic-pain, *ānāha* (constipation associated with expansion of stomach with gas) and more of bleeding.

(Cakradatt)

रक्तार्शसि शक्रक्वाथादिप्रयोगः–

शक्रक्वाथः सविश्वोवाकिंवाबिल्वशलाटवः । योज्यारक्तार्शसैस्तद्वत् ज्योत्स्निकामूललेपनम् ।।१४२।।

142. The decoction of *indrayava* along with the powder of *viśvā* or the powders of the *śalāṭava* (green fruits cut into pieces and dried) and *bilva* stops bleeding. External application of the root of *jyotsnikā* also stops bleeding in piles.

(Cakradatt)

रक्तार्शसि नवनीतादिप्रयोगः–

नवनीततिलाभ्यासात्केशरनवनीतशर्कराऽभ्यासात्।
दधिसरमथिताभ्यासाद्गुदजाःशाम्यन्तिरक्तवहाः ।।१४३।।

143. Intake of the following recipes also cures bleeding piles: (a) butter (10 gm.) mixed with *tila* (5 gm.); (b) powder of *nāgakeśara* measuring 5 gm. and butter and sugar measuring 10 gm. each; and (c) curd churned in the water along with its cream.

रक्तार्शसि समङ्गादिचूर्णम्–

समङ्गोत्पलमोचाह्वतिरीटतिलचन्दनैः । छागक्षीरं प्रयोक्तव्यं गुदजे शोणितापहम् ।।१४४।।

144. Samangādi Cūrṇam:

Ingredients: *Samangā*, *utpala*, *mocarasa*, *lodhra*, *tila* and *candana*.

Process of Drug-Making: Get equal parts of the *samangā*, *utpala*, *mocarasa*, *lodhra*, *tila* and *candana*; compound them together into a fine powder.

Method of use/Administration: Take this medicinal powder along with the goat's milk. Dosage: 5 gm.

Therapeutic benefits: It stops bleeding of piles.

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रक्तार्शसि नलिनीपत्रादिप्रयोगः–

कोमलं नलिनीपत्रं पिष्ट्वा खादेत्सशर्करम् । प्रातराजं पयः पीत्वा रक्तस्रावाद्विमुच्यते ।।१४५।।

145. Prepare a *kalka* of the fresh leaves of *nalini* and dissolve the *kalka* into goat's milk. Take this preparation along with sugar every morning to get cure from bleeding piles.

रक्तार्शसि कृष्णतिलकल्कः–

सशर्करं कृष्णतिलस्य कल्कंबस्तीपयोभिः पिबति प्रभाते ।
सद्यो हरत्येव गुदोत्थरक्तं योगोऽयमुक्तो गिरिशप्रयुक्तः ।।१४६।।

146. Compound the black sesame seeds measuring 12 gm. and mix it with sugar measuring equal part. Take this preparation along with sugar every morning to get cure from bleeding piles. The preparation has been propounded by God Mahādeva. It immediately stops the bleeding piles.

रक्तार्शसि कुटजत्वक्कल्कः–

कौटजंवल्कमादायपिष्ट्वातक्रेण बुद्धिमान् । पीत्वा रक्तार्शसो रक्तस्रुतिमाशु नियच्छति ।।१४७।।

147. Obtain the bark of plant *kuṭaja* and compound it along with buttermilk. It should be taken along with the buttermilk itself. It cures the bleeding piles.

रक्तार्शस्यपामार्गकल्कः–

तण्डुलसलिलोपेतंकल्कमपामार्गजंपिबतः । क्षीरमनुवाप्यभीरोर्गुदजाःशाम्यन्तिरक्तवहाः।।१४८।।

148. Compound 24 gm. measure of the *apāmārga* roots along with rice-washing and prepare a *kalka* out of it. Take this *kalka* along with rice-washing (*taṇḍulodaka*) itself.

रक्तार्शसि दाडिमरसपद्मकेशरप्रयोगौ–

दाडिमस्य रसः पेयः शर्करामधुरीकृतः । नागकेशरसंमिश्रं ससितं पद्मकेशरम् ।।१४९।।
मधुना नवनीतेन नवेन सह सन्ततम् । रक्तार्शसां विनाशाय संलेह्यं हितकाङ्क्षिणा ।।१५०।।

149-150. There are two other formulas also to check the bleeding piles: (A) Obtain the bark of *dāḍima* fruit and compound it along with water into a juice. This or the juice of *dāḍima* seeds (pulped by hands) should be taken daily. (B). Take the powder of the *kamalakeśara* along with honey or fresh butter or with the powder of *nāgakeśara*.

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कण्टकिफलान्तर्मुषलक्षारादिप्रलेपः–

कण्टकिफलान्तर्मुषलक्षारोगोरोचनाजलम् । लेपमात्रेणविस्राव्य रसान् हन्ति गुदाङ्कुरान् ।।१५१।।

151. Obtain the inner pulp of the bark of jackfruit and burning the same prepare an alkali of it. Add this *khṣara* (alkali) into *gorocana* and apply the *kalka* over the ailing portion. The buds of piles are cured by this.

नृकेशादिधूपः (यो. र.)–

नृकेशाः सर्पनिर्मोको वृषदंशस्य चर्म च । अर्कमूलं शमीपत्रमर्शोभ्यो धूषनं हितम् ।।१५२।।

152. Nṛikeśādi Dhūpa:

Ingredients: Hair of human being, snake's slough (glazing white), leather of a cat, root of plant *arka* and leaves of *śamī* (*khadira*).

Process of Drug-Making: Obtain the following materials in equal quantity: hair of human being, snake's slough (glazing white), leather of a cat, root of plant *arka* and leaves of *śamī* (*khadir*) (some people also take leaves of *śinśāpa*). Churn these materials thickly.

Method of use/Administration: Treat swollen flesh buds with smoke of this compound.

(*Caraka Samhitā*)

सिन्दुकादिधूपः–

सिन्दुकःसिंहिकावाजिगन्धाचापिकणाफलम् । समंसंचूर्ण्यसाज्यंतद् धूपनं गुदजान्तकृद् ।।१५३।।

153. Sindukādi Dhūpa:

Ingredients: Root and leaves (dried) of *nirgunḍī*, bigger *kañṭakārī*, *aśvagandhā*, *pippalī* and *jātīphala*.

Process of Drug-Making: Take the following materials in equal quantity: root and leaves (dried) of *nirgunḍī*, bigger *kañṭakārī*, *aśvagandhā*, *pippalī* and *jātīphala*. Pulverize these material and add *ghṛitam* to it. Subsequently, preserve this compound in glass bottle.

Method of use/Administration: Obtain an earthen pitcher which has a small hole in the bottom. Place the pitcher on smokeless fire treated with 12 gm. measure of above powder. Place two pieces of bricks above the pitcher in manner that the hole is not covered it.

Therapeutic benefits: The patient suffering from the piles should sit on the bricks in a manner that the heat reaches to his ailing anal region. Through this

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treatment one can get relief from the pain of piles, *śotha* and if regularly used, the treatment eradicates all types of pile buds.

रालकर्पूरधूपयोगौ–

रालचूर्णस्य तैलेन सार्षपेण युतस्य च । धूपदानेन युक्त्याऽर्शोरक्तस्रावो निवर्त्तते ।।१५४।।
हिमांशुधूपनं श्रेष्ठं गुदे रक्तार्शसां कृते ।।१५५।।

154-155. Mortar powder of *raal* with mustard oil and use it in the above stated manner. This smoke and heat stops bleeding from swollen flesh buds. If smoke of camphor is only used then it stops excessive bleeding.

(*Yoga Ratnākar*)

गोधूमपिष्टादिधूपः (यो. र.)–

गोधूमपिष्टं पलमेव हिङ्गुशाणार्द्धमारुष्करमब्धिसंख्यम् ।
स्याद्धूपदानात्पायुजशूलनाशःस्यात्संनिपातो गुदसंभवानाम् ।।१५६।।

156. Mortar wheat flour (48 gm.), asafoetida (half *śāṇa* = 2 *māṣas* i.e. 2 gm.) and fruit of *bhallātaka* (four pieces) together. Administer smoke therapy (*dhūpan*) this compound on the effected anal regions to get rid of swollen fleshy buds as well as *śūla*.

(*Yoga Ratnākar*)

भल्लातकावलेहो बृहद् (यो. र.)–

सुपक्वभल्लातफलानि सम्यग् द्विधा विधायाढकसंमितानि ।
विपाच्य तोयेन चतुर्गुणेन चतुर्थशेषे व्यपनीय तानि ।।१५७।।
पुनः पचेत्क्षीरचतुर्गुणेन घृतांशयुक्तेन घनं यथा स्यात् ।
सितोपला षोडशभिः पलैश्चविमर्द्य संस्थाप्य दिनानि सप्त ।।१५८।।
ततः प्रयोज्याग्निबलेन मात्रांजयेद्विकारानखिलान् गुदोत्थान् ।
कचाःसुनीलाघनकुञ्चिताग्राःस्युस्ताक्ष्र्यदृष्टिश्चशशाङ्ककान्तिः ।।१५९।।
जवो हयानां बलमुत्तमं चस्वरो मयूरस्य हुताशदीप्तिः ।
स्त्रीवल्लभत्वं विविधप्रभावोनीरोगता द्वित्रिशतायुरेव ।।१६०।।
न चान्नपाने परिहार्यमस्ति न चातपे नाध्वनि मैथुने च ।
प्रयोगकाले सकलामयानांराजाधिराजश्च रसायनानाम् ।।१६१।।

157-161. Amṛitā Bhallātakavaleha:

Ingredients: Ripe fruits of *bhallātaka*, water, milk, *ghṛitam* and *sitopala* (sugar crystals).

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Process of Drug-Making: Ripe fruits of *bhallātaka* should be cut into two pieces. 2980 gm. of this should be boiled in four times (12 litres) of water till one fourth remains. Then these fruits should be taken out and boiled in four times of milk. To this, sufficient quantity (750 gm.) of *ghṛitam* should be added. Boiling should continue till the recipe takes the form of a thick *kalka*. To this, 750 gm. of *sitopala* (sugar crystals) should be added and the preparation is kept reserved for seven days.

Method of use/Administration: Depending upon the strength of the patient, this should be given in appropriate dose. For the person using this recipe, there are no prohibitions in food and drinks. He can move in the sun and walk on roads. He can also have sexual inter-course during the use of this recipe.

Therapeutic benefits: This cures all types of diseases occurring in the anal region. This turns the hair into dark-blue in colour and promotes its growth with curly top. His eyesight becomes very sharp like that of a bird and his complexion becomes as glowing as the moon. The user of this recipe can walk as fast as a horse. He becomes very strong. His voice will be like that of pea-cock and he will shine like fire. He will be liked by ladies because of his aphrodisiac power. He may have many children. He will live for two to three hundred years free from diseases. This cures various types of diseases and it is champion among all the rejuvenating preparations. (*Yoga Ratnākar*)

हपुषाऽदितक्रारिष्टः (यो. र.)–

हपुषा सुषवी धान्यमजाजी कारवी शटी । पिप्पली पिप्पलीमूलं चित्रको गजपिप्पली ।।१६२।।
यवानी चाजमोदा च तच्चूर्णं तक्रसंयुतम् । मन्दाम्लकटुकं विद्वान् स्थापयेद् घृतभाजने ।।१६३।।
व्यक्ताम्लकटुकं जातं तक्रारिष्टं कटुप्रियम् । पाययेन्मात्रया काले स्वन्नस्य तृषितं त्रिषु ।।१६४।।
दीपनो रोचनो बल्यः कफवातानुलोमनः । गुदश्वयथुकण्ड्वार्त्तिनाशनो बलबर्द्धनः ।।१६५।।

162-165. Hapuṣādi takrāriṣṭa:

Ingredients: *Hapuṣa*, black cumin seeds, coriander seeds, white cumin seeds, *karvi*, *karcūra*, *pippal*, *pippalīmūla*, *citraka*, *gajapippalī*, caraway seeds, *ajamodā* and buttermilk.

Process of Drug-Making: Obtain powder of equal quantities (i.e. 10 gm. each) of *hapuṣa* (*haubera*), black cumin seeds, coriander seeds, white cumin seeds, *karvi*, *karcūra*, *pippal*, *pippalīmūla*, *citraka*, *gajapippalī*, caraway seeds and *ajamodā*. Mix all these powder into buttermilk measuring eight times to the quantity of mixture (i.e. ½ litre). Pour this compound into a jar which has been

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coated with *ghṛitam*. After a gap of 6-7 days the buttermilk becomes citrous and bitter but pleasant for drinking. Filter it and preserve the drug in bottles.

Method of use/Administration: It should be consumed three times during meals and should be taken when feeling thirsty.

(*Yoga Ratnākar*)

दन्त्यरिष्टः–

दन्तीचित्रकमूलानामुभयोः पञ्चमूलयोः । भागान् पलांशानापोथ्य जलद्रोणे विपाचयेत् ।।१६६।।
त्रिपलं त्रिफलायाश्च दलानां तत्र दापयेत् । रसे चतुर्थशेषे तु पूतशीते प्रदापयेत् ।।१६७।।
तुलां गुडस्य तत्तिष्ठन्मासार्धं घृतभाजने । तन्मात्रया पिबेन्नित्यमर्शोभ्यः प्रविमुच्यते ।।१६८।।
ग्रहणीपाण्डुरोगघ्नं वातवर्चोऽनुलोमनम् । दीपनं चारुचिघ्नञ्च दन्त्यरिष्टमिमं विदुः ।।
पात्रेऽरिष्टादिसन्धानं घातकीलोध्रलेपिते ।।१६९।।

166-169. Dantyariṣṭa:

Ingredients: *Dantī*, *citraka*, both the varieties of *pañca mūla* herbs, pulp of *triphalā* herbs, water and jaggery.

Process of Drug-Making: Obtain 50 gm. each of *dantī*, *citraka* and both the varieties of *pañca mūla* herbs (500 gm. in their combined weight) and 150 gm. of the pulp of *triphalā* herbs and compound them together. Boil the mix in 13 litre of water till the quantity is reduced to a one fourth. To this, 5 kg. of jaggery should be added and kept in a jar smeared with *ghṛitam*. Close the mouth of the jar with a *śarāva* sealed with the mud-smeared cloth. Place the pot in a lonely and undisturbed space for fifteen days. For the fermentation of *āsava*, *ariṣṭa* etc. the jar should be first smeared with the powder of *dhātakī* or *lodhra* flowers (500 gm.).

Method of use/ Administration and Therapeutic benefits: If taken daily in doses of 30 gm., it cures piles, sprue-syndrome and anemia. It helps in the *anulomana* (down-ward movement) of flatus and stool. This recipe also stimulates the power of digestion and eliminates anorexia.

(Caraka)

द्राक्षासवः (यो. र.)–

द्राक्षापलशतं दत्त्वा चतुर्द्रोणेऽम्भसः पचेत् । द्रोणशेषे रसे तस्मिन् पूते शीते प्रदापयेत् ।।१७०।।
शर्करायास्तुलांदत्त्वा तत्तुल्यं मधुनस्तथा । पलानि सप्त धातक्याः स्थापयेदाज्यभाजने ।।१७१।।
जातीलवङ्गकक्कोल-लवलीफलचन्दनैः । कृष्णात्रिगन्धसंयुक्तैर्भागैरर्द्धपलांशकैः ।।१७२।।

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त्रिसप्ताहाद्भवेत्पेयंतस्यमात्रायथाबलम् । नाम्ना द्राक्षासवो ह्येष नाशयेद् गुदकीलकान् ।।१७३।।
शोकारोचकहृत्पाण्डुरक्तपित्तभगन्दरान् । गुल्मोदरक्रिमिग्रन्थिक्षतशोषज्वरान्तकृत् ।
वातपित्तप्रशमनः शस्तश्च बलवर्णकृत् ।।१७४।।

170-174. Drākṣā Āsava:

Ingredients: Grapes, raw sugar, honey, powder of *dhātakī* flowers, *jātīkoṣa*, clove, *kakkola* (*kakkola*), *lavalīphalā*, white sandalwood, *pippalī*, cinnamon, cardamom and cassia leaves.

Process of Drug-Making: Cook 5 kg. measure of grapes in 50 litres measure of water. Cook it till the original quantity is reduced to one fourth. Subsequently, filter and let it cool down. Add to it 5 kg. each of raw sugar and honey, 350 gm. measure powder of *dhātakī* flowers and 25 gm. measure each of the powders of *jātīkoṣa*, clove, *kakkola*, *lavalīphalā*, white sandalwood, *pippalī*, cinnamon, cardamom and cassia leaves. Collect all these materials in a smoothly surfaced pot and close its mouth. Let the preparation ferment for three weeks. After three weeks, filter the fermented water.

Method of use/ Administration: The medicine should be taken in dosage of 12 ml. to 25 ml. and it should be consumed along with water after meals.

Therapeutic benefits: Drink this liquid in proper doses and get relief from piles, *śotha*, anorexia, *hṛidroga*, *pāṇḍu*, *rakta pitta*, *bhagandara*, *gulma*, problems related to gastro intestinal tract, worms, *granthi*, *kṣata*, *śoṣa*, fever and problems caused due to disordered *vāta* and *pitta*. It also increases strength and complexion.

(*Yoga Ratnākar*)

अभयारिष्टः–

अभयायास्तुलामेकां मृद्वीकाऽर्द्धतुलां तथा । दिक्पलानि विडङ्गस्य मधूककुसुमस्य च ।।१७५।।
चतुर्द्रोणेजलेपक्त्वा द्रोणमेकं च शेषयेत् । शीतीभूते रसे तस्मिन् पूते गुडतुलां क्षिपेत् ।।१७६।।
श्वदंष्ट्रांत्रिवृतां धान्यं धातकीमिन्द्रवारुणीम् । चव्यं मधुरिकां शुण्ठीं दन्तीं मोचरसं तथा ।।१७७।।
पलयुग्ममितं सर्वं पात्रे महति मृन्मये । क्षिप्त्वा संरुध्य तत्पात्रं मासमात्रं निधापयेत् ।।१७८।।
ततोजातरसंज्ञात्वा परिस्राव्य रसं नयेत् । बलं कोष्ठञ्च वह्निञ्च वीक्ष्य मात्रां प्रयोजयेत् ।।१७९।।
अर्शांसि नाशयेच्छीघ्रं तथाऽष्टावुदराणि च । वर्चोमूत्रविबन्धघ्नो वह्निसन्दीपनं परम् ।।१८०।।

175-180. Abhayāriṣṭa:

Ingredients: Seed less *haraḍa*, raisin, thickly churned *vāyaviḍanga*, flowers of *madhuka*, old jaggery, *gokṣura*, root of *tṛivṛit*, coriander seeds, flowers of *dhātakī*, *indravāruṇī*, *cavya*, aniseeds, dried ginger, root of *dantī* and *mocarasa*.

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Process of Drug-Making: Take the following materials: seed less *haraḍa* (5 kg.), raisin (2500 gm.), thickly churned *vāyaviḍanga* (500 gm.) and flowers of *madhuka* (500 gm.). Decoct all these materials along with water measuring 52 litres. Decoct the same until the original quantity is reduced to one fourth. Filter the compound and add 5 kg. measure of old jaggery to it. Pour the preparation into a pot coated with *ghṛitam*. Following this, add to the pot the powders measuring 100 gm. each of *gokṣura*, root of *tṛivṛit*, coriander seeds, flowers of *dhātakī*, *indravāruṇī*, *cavya*, aniseeds, dried ginger, root of *dantī* and *mocarasa*. Tightly close the mouth of the pot with a *śarāva* (plate). Place the pot in a lonely and warm place for one month. When the compound in the pot is believed to be *sandhita* (*kiṇvīkṛit*) (properly cooked) remove out the preparation and filter it into glass bottles. Optionally, one can obtain the liquid through *nāḍi yañtra* (a kind of beaker attached with a pipe).

Method of use/Administration: The dosage should be prescribed after diagnosing patient's strength, and digestive power. Usually, dosage of 12 ml. to 25 ml. could be given. In case the medicine has been obtained through evaporation (*nāḍi yañtra*), 6-12 gm. dose is considered to be adequate.

Therapeutic benefits: This medicine is known as *Abhayāriṣṭa* and it cures all types of piles, eight types problems related to gastro intestinal tract and difficulty in passing urine and stool. It effectively increases digestive power.

द्राक्षासवो बृहद् (यो. चि.)–

द्राक्षायाश्च पलशतं सितायांस्तच्चतुर्गुणम् । कर्कन्धुमूलं तस्यार्द्धं मूलार्द्धं पुष्पधातकी ।
क्रमुकं च लवङ्गं च जातीपुष्पफलानि च । चातुर्जातं त्रिकटुकं मस्तकी करहाटकम् ।।१८१।।
आकारकरभं कुष्ठं पलानि दश चाहरेत् । एभ्यश्चतुर्गुणं तोयं भाण्डे चैव विनिक्षिपेत् ।
स्थापयेद् भूमिमध्ये तु चतुर्दशदिनानि च । ततो जातरसं शुद्धं क्षिपेत्कच्छपयन्त्रके ।।१८२।।
मुद्रयित्वाचतस्याधो वह्निं प्रज्वालयेत्सुधीः । तस्यान्तश्च्यवितं सीधुं गृह्णीयात्सर्वमेव तत् ।
पुनरेव च तत्सीधुं क्षिपेत्कच्छपयन्त्रके । धाराधो निक्षिपेत्तस्य मृगनाभिं सकुङ्कुमम् ।।१८३।।
एतत्सिद्धं क्षिपेद्धीमान् काचभाण्डे निधापयेत् । त्रिदिनेषु व्यतीतेषु तत्पेयं पलसंख्यया ।
मध्याह्नेद्विपलं ग्राह्यं सन्ध्याकाले चतुष्पलम् । गरिष्ठं स्निग्धमाहारं भक्षयेदस्य सेवकः ।।१८४।।
वीर्याभिवृद्धिः प्रभवेन्नराणांरामासु वश्यो भवतीह लोके ।
स एव धन्या मनुजा नरेन्द्राद्राक्षासवं ये किल सेवयन्ति ।।१८५।।

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181-185. Drākṣāsava (Major Variety):

Ingredients: *Drākṣā*, jaggery, bark of *badarī* plant's root, flowers of *dhātakī*, betel nuts, cloves, *jātīkoṣa*, *jātīphala*, cinnamon, cardamom, cassia leaves, *nāgakeśara*, dried ginger, *marica*, *pippalī*, *mustakī*, *padmkanda*, *ākārakarabha* and *kuṣṭha*.

Process of Drug-Making: Take the ingredients in the following measures: *drākṣā* (5 kg.), jaggery (20 kg.), bark of *badarī* plant's root (10 kg.), flowers of *dhātakī* (5 kg.), betel nuts (50 gm.), cloves (50 gm.), *jātīkoṣa* (50 gm.), *jātīphala* (50 gm.), cinnamon (50 gm.), cardamom (50 gm.), cassia leaves (50 gm.), *nāgakeśara* (50 gm.), dried ginger (50 gm.), *maricah* (50 gm.), *pippal* (50 gm.), *mustāki* (*rumimastagi*) (50 gm.), *padmkanda* (50 gm.), *ākārakarabha* (50 gm.) and *kuṣṭha* (50 gm.). Churn them, if required. Fill these materials in a smooth earthen pot and pour water (190 litre) into it. Tightly close the mouth of the pot and bury it beneath soil. After 14 days, take out the pot and filter the fermented water. Pour the fermented water in *kaccapa yañtra* and obtain its *arka* (distilled liquid). Repeat the same process with the obtained *arka*. Preserve the processed *arka* in bottles.

Method of use/Administration: Consume it after three days gap.

Therapeutic benefits: This medicine provides aphrodisiac power and increases growth of semen. Those people are very lucky who consume this medicine.

(*Yoga Cintāmaṇi*)

उत्पलषट्पलकं घृतम्–

सक्षारैः पञ्चकोलैश्च पलिकैस्त्रिगुणोदके । समक्षीरं घृतप्रस्थं ज्वरार्शःप्लीहकासनुत् ।।१८६।।

186. Utpalāṣaṭpalakam Ghṛitam:

Ingredients: *Yavakṣāra*, *pañcakola* herbs (*pippalī*, *pippalīmūla*, *cavya*, *citraka* root, and dried ginger), *mūrcchita ghṛitam* and milk.

Process of Drug-Making: Get 50 gm. each of the *yavakṣāra*, *pañcakola* herbs (*pippalī*, *pippalīmūla*, *cavya*, *citraka* root, and dried ginger) and prepare a *kalka* out of them. Take *mūrcchita ghṛitam* (750 gm.) and milk (750 ml.) and water 3 litre in measure. Cook the preparation properly.

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Method of use/ Administration and Therapeutic benefits: This medicated *ghṛitam* is to be taken in doses of 12 ml. to cure fever, piles, spleen disorder and *kāsa* (coughs).

(Cakradatt)

व्योषाद्यं घृतम्–

व्योषगर्भपलाशस्यत्रिगुणेभस्मवारिणि ।साधितं पिबतःसर्पिःपतन्त्यर्शांस्यसंशयम् ।।१८७।।

187. Vyoṣādi Ghṛitam:

Ingredients: Dried ginger, black pepper, pepper, *mūrcchita* cow-*ghṛitam* and water treated with the ash of *plāśa*-wood.

Process of Drug-Making: Take *trikaṭu* herbs (each of the dried ginger, black pepper, and pepper) in equal parts and their combined weight being 250 gm. and prepare a *kalka* out of them. Also gather *mūrcchita* cow-*ghṛitam* measuring 1 kg. and 4 litres of water treated with the ash of *plāśa*-wood (500 gm.). Cook all of the above ingredients and thus obtain the medicated *ghṛitam*.

Method of use/ Administration and Therapeutic benefits: This medicine is to be taken daily along with milk. It cures the buds of piles which dry down and are thus eliminated.

(Cakradatt)

चव्याद्यं घृतम्–

चव्यं त्रिकटुकं पाठां क्षारं कुस्तुम्बुरूणि च । यमानीं पिप्पलीमूलमुभे च बिडसैन्धवे ।।१८८।।
चित्रकंबिल्वमभयां पिष्ट्वा सर्पिर्विपाचयेत् । शकृद्वातानुलोम्यार्थं जाते दध्नि चतुर्गुणे ।।१८९।।
प्रवाहिकां गुदभ्रंशं मूत्रकृच्छ्रं परिस्रवम् । गुदवङ्क्षणशूलञ्च घृतमेतद् व्यपोहति ।।१९०।।

188-190.Cavyādya Ghṛita:

Ingredients: *Cavya*, *tṛikaṭuka* herbs, *pāṭhā*, *kṣāra*, *kustumburu*, *yavānī*, root of *pippalī*, *viḍa* and *saindhava* salts, *citraka* roots, pulp of the *bilva* fruit, *abhayā*, *mūrcchita ghṛita* and water.

Process of Drug-Making: Prepare a *kalka* out of the following (each in measure of 15 gm.): *cavya*, *tṛikaṭuka* herbs, *pāṭhā*, *kṣāra*, *kustumburu*, *yavānī*, root of *pippalī*, *viḍa* and *saindhava* salts, *citraka* roots, pulp of the *bilva* fruit and *abhayā*. Obtain *ghṛita* measuring four times of the *kalka* (1 kg.) and water measuring four times of the *mūrcchita ghṛita* (4 litres). Cook all of the ingredients together.

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Therapeutic benefits: This medicated *ghṛitam* helps downward movements of the stool and wind. It cures dysentery, prolepses of rectum, dysuria, bleeding through the anus (*pariśrāva*) and pain in anus and lower abdomen.

(Caraka)

कुटजाद्यघृतम्–

कुटजफलवल्ककेशरनीलोत्पललोध्रघातकीकल्कैः।सिद्धंघृतंविधेयंशूलेरक्तार्शसांभिषजा।।१९१।।

191. Kuṭajāḍya Ghṛita:

Ingredients: Fruit and bark of *kuṭaja*, *keśara*, *nīlotpala*, *lodhra*, *dhātakī* and *mūrcchita ghṛita*.

Process of Drug-Making: *Ghṛitam* prepared by boiling with the *kalka* of the fruit and bark of *kuṭaja*, *keśara*, *nīlotpala*, *lodhra* and *dhatak*. (*Mūrcchita Ghṛita* should be obtained in measure four times of the *kalka* of the above herbs).

Therapeutic benefits: The medicine cures piles associated with pain and bleeding.

सिंह्यमृतं घृतम्–

पचेद्वारि चतुर्द्रोणे कण्टकार्यमृताशतम् । तत्राग्निन्त्रिफलाव्योषपूतीकत्वक्कलिङ्गकैः ।।१९२।।
सकाश्मर्यविडङ्गैस्तु सिद्धं दुर्नाममेहनुत् । घृतं सिंह्यमृतं नाम बोधिसत्त्वेन भाषितम् ।।१९३।।

192-193. Simhyāmṛita Ghṛita:

Ingredients: *Kañṭakārī*, *amṛitā*, *asana*, *agni*, *tṛiphalā*, *voyśa*, *pūtīka*, *tvak*, *kalingaka*, *kāśmarya*, *viḍanga* and *mūrcchita ghṛitam*.

Process of Drug-Making: Decoction should be prepared by boiling *kañṭakārī* (5 kg.), *amṛitā* (5 kg.) in 52 litres of water. Subsequently, add *mūrcchita ghṛitam* to the decoction. Add to the preparation, fine powders of the following herbs each measuring 70 gm.: *asana*, *agni*, *tṛiphalā*, *voyśa*, *pūtikā*, *tvak*, *kalingaka*, *kāśmarya* and *viḍanga*.

Method of Use/Administration: Dosage – 12 ml.

Therapeutic benefits: This cures piles and *meha* (i.e. urinary disorders including diabetes). This is called *Simhyāmṛita Ghṛita*. This was propounded by Bodhisattva. The medicine is very effective in checking piles.

(Cakradatt)

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सुनिषण्णकचाङ्गेरीघृतम्–

अवाक्पुष्पी बला दार्वी पृश्निपर्णी त्रिकण्टकम् । न्यग्रोधेदुम्बराश्वत्थशुङ्गाश्च द्विपलोन्मिताः ।।१९४।।
कषाय एष पेष्यास्तु जीवन्ती कटुरोहिणी । पिप्पली पिप्पलीमूलं मरिचं देवदारु च ।।१९५।।
कलिङ्गं शाल्मलीपुष्पं वीरा चन्दनमञ्जनम् । कट्फलं चित्रकं मुस्तं प्रियङ्ग्वतिविषे स्थिरा ।।१९६।।
पद्मोत्पलानांकिञ्जल्कःसमङ्गासनिदिग्धिका । बिल्वंमोचरसंपाठाभागाःस्युःकार्षिकाः पृथक् ।।१९७।।
चतुःप्रस्थशृतं प्रस्थं कषायमवतारयेत् । त्रिंशत्पलानि तु प्रस्थो विज्ञेयो द्विपलाधिकः ।।१९८।।
सुनिषण्णकचाङ्गेर्योः प्रस्थौ द्वौ स्वरसस्य च । सर्वैरितैर्यथोद्दिष्टैर्घृतप्रस्थं विपाचयेत् ।।१९९।।
एतदर्शःस्वतीसारे त्रिदोषे रुधिरस्रुतौ । प्रवाहणे गुदभ्रंशे पिच्छासु विविधासु च ।।२००।।
उत्थाने चातिबहुशः शोथशूलगुदामये । मूत्रग्रहे मूढवाते मन्दाग्नावरुचावपि ।।२०१।।
प्रयोज्यं विधिवत्सर्पिर्बलवर्णाग्निवर्द्धनम् । विविधेष्वन्नपानेषु केवलं वा निरत्ययम् ।।२०२।।

194-202. Cāngerī Ghṛita:

Ingredients: *Avāk puṣpī* (aniseed), *balā*, *dārvī*, *pṛiśni parṇī*, *ṭrikañṭaka* and adventitious roots (*sunga*) of *nyagrodha*, *udumbara*, *aśvattha*, water, *jīvantī*, *kaṭu rohiṇī*, root of *pippalī*, *marica*, *nāgara*, *devadāru*, *kalinga*, flowers of *śālmali*, *rakta candana*, *añjana* (solid extract of *dārvī*), *kat phala*, *candana*, *mustā*, *priyangu*, *ativiṣā*, *sthirā*, pollens of *padma* and *utpala*, *samangā*, *nidigdhikā*, *bilva*, *moca rasa*, *pāṭhā* and *bhārgī*, *mūrcchita ghṛitam*, juice of *suniśānnaka*, *cāngerī* and *sūraṇa*.

Process of Drug-Making: Prepare a decoction by boiling 90 gm. each of *avak puṣpī* (aniseed), *balā*, *dārvī*, *pṛiśni parṇī*, *ṭrikañṭaka* and adventitious roots (*sunga*) of *nyagrodha*, *udumbara* and *aśvattha*. For the preparation of decoction, 6 litre of water should be taken and reduced to one-forth after boiling. Also prepare a *kalka* of 12 gm. each of *jīvantī*, *kaṭu rohiṇī*, *pippalī*, *pippalīmūla*, *marica*, *nāgara*, *devadāru*, *kalinga*, flowers of *śālmali*, *rakta candana*, *añjana* (solid extract of *dārvī*), *kat phala*, *candana*, *mustā*, *priyangu*, *ativiṣā*, *sthirā*, pollens of *padma* and *utpala*, *samangā*, *nidigdhikā*, *bilva*, *moca rasa*, *pāṭhā* and *bhārgī*. *Mūrcchita Ghṛitam* (1.5 litres) should be prepared by boiling it with the above decoction, *kalka* and 1.5 litre of each of the juices of *suniśānnaka* and *cāngerī* and *sūraṇa*.

Method of use/Administration: Consume this *Ghṛitam* along with food and drinks.

Therapeutic benefits: This medicated *ghṛitam* cures piles, diarrhoea, bleeding caused by the vitiation of all the three *doṣas*, prolapsed rectum, different types of mucus coming out during defecation, frequent motions, pain in anal

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region, obstruction to the passage of urine, *mūḍha vāta* (*osteo*-arthritis), suppression of the power of digestion and anorexia. Even a healthy person can use this medicated *ghṛita* which promotes strength, complexion and the power of digestion.

(Caraka)

कासीसाद्यतलम्–

कासीसदन्तिसिन्धूत्थकरवीरानलैः पचेत् । तैलमर्कपयोमिश्रमभ्यङ्गात् पायुकीलजित् ।।२०३।।

203. Kāsisādya Tailam:

Ingredients: *Kāśīśa*, root of *dantī*, rock salt, root of *karavīra*, *citramūlaka*, *kānji*, *mūrcchita* sesame oil and the latex of *arka*.

Process of Drug-Making: Prepare *kalka* of the following materials in equal parts (i.e. 50 gm. each) *kāśīśa*, root of *dantī*, rock salt, root of *karavīra* and *citramūlaka*. Take a copper (*tāmra*) pot, put *kanji*, *mūrcchita* sesame oil (1 litre), the above *kalka* and the latex of *arka*. Cook the same in prescribed method and obtain oil from it.

Method of use/ Administration and Therapeutic benefits: Apply this oil on pile effected region and get rid of the same.

(Gadanigraha)

काशीसाद्यतैलम् (बृहद्)–

कासीसंसैन्धवंकृष्णाशुण्ठी कुष्ठञ्च लाङ्गली । शिलाभिदश्वमारश्च दन्तीजन्तुघ्नचित्रकम् ।।२०४।।
तालकं कुनटी स्वर्णक्षीरी चैतैः पचेद्भिषक् । तैलं स्नुह्यर्कपयसा गवां मूत्रं चतुर्गुणम् ।।२०५।।
एतदभ्यङ्गतोऽर्शांसि क्षारेणेव पतन्ति हि । क्षारकर्मकरं ह्येतन्न च संदूषयेद्बलिम् ।।२०६।।

204-206. Kāsisādya Tailam (Major variety):

Ingredients: *Kāśīśa*, rock salt, *kṛiṣṇā*, *śunṭhī*, *kuṣṭha*, *lāngalī*, *śilābhed*, *aśvamāra*, *dantī*, *jantughna*, *citraka*, *haritāla*, *kunaṭī*, *svarṇa kṣīrī*, *mūrcchita* sesame oil, latex of *snuhī*, latex of *arka* and cow's urine.

Process of Drug-Making: Raise a *kalka* of the *kāśīśa*, rock salt, *kṛiṣṇā*, *śunṭhī*, *kuṣṭha*, *lāngalī* (roots), *śilābhed* (roots), *aśvamāra* (roots), *dantī* (roots), *jantughna*, *citraka* (roots), *haritāla*, and *svarṇa kṣīrī*, latex of *snuhī* and latex of *arka* all in measure of 15 gm. each. Treat the *kalka* as one part and boil it with the *mūrcchita* sesame oil (1 litre) with it and latex of *sudha* (15 ml.), latex of *arka* (15 ml.) as well as cow's urine (4 litres).

Method of use/ Administration and Therapeutic benefits: By slowly massaging the pile buds with this medicated oil, one can get relief from the

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ailment. It works like *kṣāra* (alkalis) but does not affect the functions of the anal sphincters.

(Gadanigraha)

पिप्पल्याद्यं तैलम्–

पिप्पलीमधुकंबिल्वंशताह्वां मदनं वचाम् । कुष्ठं शुण्ठीं पुष्कराख्यं चित्रकं देवदारु च ।।२०७।।
पिष्ट्वा तैलं विपक्तव्यं द्विगुणक्षीरसंयुतम् । अर्शसां मूढवातानां तच्छ्रेष्ठमनुवासनम् ।।२०८।।
गुदनिःसरणं शूलं मूत्रकृच्छ्रं प्रवाहिकाम् । कट्यूरुपृष्ठदौर्बल्यमानाहं वङ्क्षणे रुजम् ।।२०९।।
पिच्छास्त्रावं गुदे शोथं वातवर्चोविनिग्रहम् । उत्थानं बहुशो यच्च जयेच्चैवानुवासनात् ।।२१०।।

207-210. Pippalyādya Tailam:

Ingredients: *Pippalī*, *madhuka*, *bilva*, *śatāhvā*, *madana*, *vacā*, *kuṣṭha*, *śaṭī*, *puṣkaramūla*, *citraka* and *devadāru*, *mūrcchita* sesame oil and milk.

Process of Drug-Making: Prepare a *kalka* of *pippalī*, *madhuka*, *bilva*, *śatāhvā*, *madana*, *vacā*, *kuṣṭha*, *śaṭī*, *puṣkaramūla*, *citraka* and *devadāru* each measuring 23 gm. Cook with this *kalka*, *mūrcchita* sesame oil measuring 1 litre and milk measuring 4 litre.

Therapeutic benefits: The *anuvāsana* (unctuous enema) of this medicated oil cures piles, *mūḍha vāta* (*osteo*-arthritis), prolapsed rectum, colic-pain, *dysuria*, dysentery, weakness in lumber region, thigh and back-region, *ānāha*, pain in the pelvic-region, *piccha śrāva* (voiding of mucus), and inflammation, obstruction to the passage of flatus and faeces and frequent passing of stool.

(Cakradatt)

अनुवासनार्हाः–

उदावर्त्तपरीता ये ये चात्यर्थं विरूक्षिताः । विलोमवाताः शूलार्त्तास्तेष्विष्टमनुवासनम् ।।२११।।

211. *Anuvāsana* type of *vasti* or *basti* is helpful to the patient of *udavrata*, the one passing dried stools due to vitiated *vāyu*, the one passing *pratiloma* (upward movement) wind and also to the one ailing due to colic pains.

माणशूरणाद्यं लौहम्–

माणशूरणभल्लातत्रिवृद्दन्तीसमन्वितम् । त्रिकत्रयसमायुक्तमयो दुर्नामनाशनम् ।।२१२।।

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212. Mānaśūraṇādyam Lauham:

Ingredients: *Mānakanda*, purified *śūraṇkand*, *bhallātaka*, root of *tṛivrat*, *tṛikatraya* i.e. *tṛiphalā* herbs (*harītakī*, *vibhītaka*, *āmalakī*), *tṛikaṭu* herbs (dried ginger, *marica*, *pippalī*), *tṛimada* herbs (*viḍanga*, *mustā* and root of *citraka*) and *lauha bhasma*.

Process of Drug-Making: Take powders of 50 gm. measure each of : *mānakanda*, purified *śūraṇkand*, *bhallātaka*, root of *tṛivrat*, *tṛikatraya* i.e. *tṛiphalā* herbs (*harītakī*, *vibhītaka*, *āmalakī*), *tṛikaṭu* herbs (dried ginger, *marica*, *pippalī*) and *tṛimada* herbs (*viḍanga*, *mustā* and root of *citraka*). Take equivalent quantity of *lauha bhasma* i.e. 700 gm. and mortar all of them together. Fill the compound in glass bottle.

Method of use/Administration: This medicine is known as *Mānaśūraṇādyam Lauha* and it should be consumed in doses of 500 mg. daily.

Therapeutic benefits: Regular use of this medicine gives relief from all types of piles.

(*Rasendra Sār Sangraha*)

अग्निमुखलौहम्–

त्रिवृच्चित्रकनिर्गुण्डीस्नुहीमुण्डिरिकाऽज्झटाः। प्रत्येकशोऽष्टपलिकाजलद्रोणेविपाचयेत् ।।२१३।।
पलत्रयं विडङ्गाच्च व्योषं कर्षत्रयं पृथक् । त्रिफलायाः पलंपञ्च शिलाजतु पलं न्यसेत् ।।२१४।।
दिव्यौषधिहतस्यापि वैकङ्कतहतस्य वा । पलद्वादशकं देयं रुक्मलौहस्य चूर्णितम् ।।२१५।।
पलैश्चतुर्विंशत्याज्यान्मधुशर्करयोर्युतम् । घनीभूते सुशीते च दापयेदवतारिते ।।२१६।।
एतदग्निमुखं नाम दुर्नामान्तकरं परम् । मन्दमग्निं करोत्याशु कालाग्निसमतेजसम् ।।२१७।।
पर्वता अपि जीर्यन्ति प्राशनादस्य देहिनाम् । गुडवृष्यान्नपानानि पयो मांसरसो हितः ।।२१८।।
दुर्नामपाण्डुश्वयथुकुष्ठप्लीहोदरापहम् । अकालपलितं हन्यादामवातं गुदामयम् ।।२१९।।
नसरोगोऽस्तियञ्चापिननिहन्ति क्षणादिदम् । करीरकाञ्जिकादीनि ककारादीनि वर्जयेत् ।।२२०।।
स्रवत्यतोऽन्यथा लौहं देहात् किट्टञ्च दुर्जरम् ।।२२१।।

213-221. Agni Mukha Lauha:

Ingredients: *Tṛivṛit*, *citraka*, *nirgunḍī*, *snuhī* and root of *munḍīrikā*, cow-*ghṛita*, *rukma lauha* (obtained through processing the iron particles by the *manahśilā*) or *tīkṣṇa lauhabhasma*, jaggery, *viḍanga*, *śunṭhī*, *pippalī*, *marica*, *tṛiphalā* herbs, *śilājātu* and honey.

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Process of Drug-Making: Decoct together 375 gm. each of *tṛivṛit*, *citraka*, *nirgundī*, *snuhī* and root of *munḍīrikā*. Add 1100 gm. of the cow-*ghṛita* to this decoction and boil the preparation. Add to it *rukma lauha* or *tīkṣṇa lauhabhasma* and jaggery, both measuring 550 gm. each. Cook the preparation again and when it takes the shape of confection, add to it *viḍanga* (140 gm.), *śunṭhī*(35 gm.), *pippalī* (46 gm.) and *marica* (46 gm.), 225 gm. of *tirphalā* herbs (each taken in measure of 75 gm.), 46 gm. of *śilājatu*. Thereafter, it should be removed from the oven, and after it is cooled, 550 gm. of honey should be added to it.

Method of use/Administration: Diet and drinks which are heavy and aphrodisiac including buffalo milk and meat-soup are wholesome for a person using this recipe. If such diets are not taken, the intake of this drug can even harm the patient.

Food ingredients like the *kakārāṣṭaka* (the eight herbs having the initial *ka* in their names: *kalinga*, *kārvellaka*, *kadalī*, *kākamācīkā*, *kusumbhikā*, *karkoṭī*, *kuṣmānḍa* and *karkaṭī*) should not be consumed. Otherwise, the body will excrete iron in the form of *kīṭṭa* (waste-product) which is difficult for digestion and metabolism.

Therapeutic benefits: This is called *Agni Mukha* and it is an excellent recipe for the cure of piles. It stimulates the suppressed power of digestion and makes it powerful like *kālāgni* (fire which can burn every thing). By taking this medicine one can even digest stones (mountains). It cures piles, anemia, edema, *kuṣṭha* (skin diseases including leprosy), spleen disorders and *udara* (abdominal diseases). There is not a single disease which is not cured by this recipe instantaneously. It effectively cures premature graying, *vāta roga* and diseases of the anus.

(Cakradatt)

चन्द्रप्रभा गुटिका–

क्रिमिरिपुदहनव्योषत्रिफलाऽमरदारुचव्यभूनिम्बम् । मागधिमूलंमुस्तांशटीवंचाधातुमाक्षिकञ्चैव ।।
लवणक्षारनिशायुगकुस्तुम्बुरुगजकणाऽतिविषाः ।।
कर्षांशकान्येवसमानि कुर्यात् पलाष्टकं चाश्मजतोर्विदध्यात् ।
निष्पत्रशुद्धस्य पुरस्य धीमान् पलद्वयं लोहरजस्तथैव ।।२२३।।
सिताचतुष्कं पलमत्र वांश्यानिकुम्भकुम्भत्रिसुगन्धियुक्तम् ।
चन्द्रप्रभेयं गुडिका प्रयोज्या अर्शांसि निर्णाशयते षडेव ।।२२४।।
भगन्दरं पाण्डुककामलाञ्च विनष्टवह्नेः कुरुते च दीप्तिम् ।

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हन्त्यामयान् पित्तकफानिलोत्थान् नाडीगतं मर्मगते व्रणे च ।।२२५।।
ग्रन्थ्वर्बुदे विद्रधिराजयक्ष्ममेहे भगाख्ये प्रदरे च योज्या ।
शुक्रक्षये चाश्मरिमूत्रकृच्छ्रे मूत्रप्रवाहेऽप्युदरामये च ।।२२६।।
तक्रानुपानं त्वथ मस्तुपानंआजो रसो जाङ्गलजो रसो वा ।
पयोऽथवा शीतजलानुपानं बलेन नागस्तुरगो जवेन ।।२२७।।
दृष्ट्यासुपणःश्रवणेवराहः कान्त्या रतीशो धिषणश्च वुद्ध्या ।
न पानभोज्ये परिहार्यमस्ति न शीतवातातपमैथुनेषु ।।२२८।।
शम्भुं समभ्यर्च्य कृतप्रणामंप्राप्ता गुडी चन्द्रमसः प्रसादात् ।।२२९।।
शुक्रदोषान् निहन्त्येव प्रमेहानपि विशतिम् । बलीपलितनिर्मुक्तो वृद्धोऽपि तरुणायते ।।२३०।।
वृद्धवैद्योपदेशेन पलार्द्धं रसगन्धकम् । केवलं मूर्च्छितं वाऽपि पलं वा दापयेद्रसम् ।।२३१।।
अभ्रकञ्च क्षिपेत् कश्चित् पलमानं भिषग्वरः ।।२३२।।
संमर्द्य मधुसर्पिर्भ्यामादौ रक्तिचतुष्टयम् । भक्ष्यं वृद्ध्या यथायुक्ति यावन्माषचतुष्टयम् ।
त्रिवृद्दन्तीत्रिजातानां कर्षमानं पृथक् पृथक् ।।२३३।।

222-233. Candra Prabhā Guṭikā:

Ingredients: *Vāyaviḍanga*, *citraka* (roots), *śunṭhī*, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *devadāru*, *cavya*, *kirātatikta*, *pippalīmūla*, *mustā*, *karcūra*, *vacā*, *suvarṇamākṣika bhasma*, rock salt, *yavakṣāara*, *haridrā*, *dāruharidrā*, *kusatumburu*, *gajapippalī*, *ativiṣā*, *śilājita*, purified *guggulu*, *lauha bhasma*, raw sugar, *vanśalocana*, root of *nikumbha* (*dantī*), root of *kumbha* i.e. *tṛivṛit* and *tṛisugandhi* (i.e. cinnamon, smaller cardamom and cassia leaves)

Process of Drug-Making: Obtain 10 gm. measure each of the *vāyaviḍanga*, *citraka* (roots), *śunṭhī*, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *devadāru*, *cavya*, *kirātatikta*, *pippalīmūla*, *mustā*, *karcūra*, *vacā*, *suvarṇamākṣika bhasma*, rock salt, *yavakṣāara*, *haridrā*, *dāruharidrā*, *kusatumburu*, *gajapippalī*, *ativiṣā*. Also take 80 gm. quantity each of *guggulu* and *lauha bhasma*, 320 gm. of *śilājita*, and 160 gm. of raw sugar. Churn all these materials together. Get 40 gm. quantity of powdered *vanśalocana* sieved through a piece of cloth and 40 gm. quantity of each of the following powders: root of *nikumbha* (*dantī*), root of *kumbh* i.e. *tṛivṛit*, *tṛisugandhi* (i.e. cinnamon, smaller cardamom and cassia leaves). Mortar these materials and prepare pills measuring 250 mg. each. Dry these pills and preserve them in glass bottle. This medicine could be prepared by Chandrama after worshipping God Mahādevaji.

According to some senior physicians, one should first prepare *kajjalī* from 24 gm. measure of purified *pārada* and half *pala* (24 gm.) purified *gandhaka*. Subsequently one has to add one *pala* (48 gm.) of *rasa sindūra* to the recipe. Some

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other senior physicians believe that one *pala* (48 gm.) of *abhraka bhasma* should also be added. In this way, after mixing all materials, one should add little quantities of honey and *ghṛitam* to the recipe.

Method of use/Administration: This medicine is called as *Candraprabha Guḍikā*. Depending on the type of disease, one can take the medicine along with the following *anupānas*: buttermilk, water from the upper layer of curd, mutton soup, meat of wild animals (deer, rabbit, etc.) and birds, milk and cold water. While consuming this medicine one should not hesitate in taking meals. He can eat anything as per desire. There is also no prohibition on walking in cold, wind, sun or on having intercourse. But still it is advisable to have a limited eating of oily and bitter items, black pepper and to have a restricted intercourse.

Take the above mentioned recipe in doses of 500 mg. Increase the dosage gradually everyday and consume a maximum dosage of 4 gm. After consuming this medicine one should take mixture of the following powders in small quantities with honey: root of *tṛivṛit* and *dantī* (12 gm.), cinnamon (12 gm.), cassia leaves (12 gm.) and smaller cardamom (12 gm.).

Therapeutic benefits: This *Candraprabha Guḍikā* if consumed daily with different *anupānas*, provide relief from six types of piles, *bhagandara*, anemia and jaundice. It increases digestive power and cures all diseases caused by the disordered *pitta*, *kapha* and *vāta*. One can also consume this medicine if suffering from *nāḍivraṇa*, *vraṇa* at gentle areas, *granthi*, *arbuda*, *vidradhi*, *rajayakṣamā*, *prameha* (i.e. urinary disorders including diabetes), *bhagandara*, *pradara*, *śukra kṣaya*, *aśmarī*, *mūtrakṛicchara*, *mūtrapravah* (excessive urine) and all types of problems related to gastro intestinal tract. The person who consumes this medicine would become strong like an elephant, active like a horse, capable to view long distances like an eagle, capable to hear like a pig, charming like Kamdev (the God of lust) and as scholarly as God Bṛihaspati. This medicine is especially effective in treating all disorders of vitiated *śukra* (semen) and 20 types of *prameha* (i.e. urinary disorders including diabetes). If consumed by the elderly, the drug could equip them with strength and stamina and make them feel and act like a youth.

रसगुटिका–

रसस्तु पादिकस्तुल्या विडङ्गमरिचाभ्रकाः । गङ्गापालङ्कजरसे खल्लयित्वा पुनः पुनः ।।
रक्तिमात्रा गुदार्शोघ्नी वह्नेरत्यर्थदीपना ।।२३४।।

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234. Rasa Guṭikā:

Ingredients: *Rasa* i.e. *rasa sindūra*, *vāya viḍanga*, black pepper, *abhraka bhasma* and juice of *jalapālaka's* leaves.

Process of Drug-Making: Obtain and churn the following materials: *rasa* i.e. *rasa sindūra* (12 gm.), *vāya viḍanga* (36 gm.), black pepper (36 gm.) and *abhraka bhasma* (36 gm.). Take the mixture and process it through *bhāvanā* method with juice of *jalapālaka's* leaves for seven consecutive times. Simultaneously, mortar the compound for three hours while processing *bhāvanā* methods. Prepare pills in measurement of one *raktikā* (=125 mg.) each.

Therapeutic benefits: This medicine is known as *Rasa Guṭikā*. It cures piles and strengthens the weaken digestive power.

(Cakradatt)

तीक्ष्णमुखो रसः–

मृतसूतार्कहेमाभ्रतीक्ष्णं मुण्डञ्च गन्धकम् । मण्डूरञ्च समं ताप्यं मर्द्यं कन्याद्रवैर्दिनम् ।।२३५।।
अन्धमूषागतं सर्वं ततः पाच्यं दृढाग्निना । चूर्णितं सितया मासं खोदत्तच्चार्शसां हितम् ।।२३६।।
रसस्तीक्ष्णमुखानाम चासाध्यमपि साधयेत् ।।२३७।।

235-237. Tīkṣaṇamukho Rasa:

Ingredients: *Mṛitasūta* (*rasa bhasma* or *rasasindūra*), *tāmra bhasma*, *svarṇa bhasma*, *abhraka bhasma*, *tīkṣana lauha bhasma*, *munḍalauha bhasma*, purified *gandhaka*, *manḍūra*, *svarṇamākṣika* and pulps of *ghṛitakumārī*.

Process of Drug-Making: Obtain 10 gm. each of the following : *mṛitasūta* (*rasa bhasma* or *rasa sindūra*), *tāmra bhasma*, *svarṇa*, *abhraka bhasma*, *tīkṣana lauha bhasma*, *munḍalauha bhasma*, purified *gandhaka*, *manḍūra* and *svarṇamākṣika*. Mortar all these materials together with pulps of *ghṛitakumārī* for seven days. Pulverize the compound and put this in an *andhamūṣā* cooking it on a high heat and *puṭapāk* (roast) the same.

Method of use/Administration: Consume this medicine daily in doses of 125 mg. each along with sugar.

Therapeutic benefits: If consumed regularly for one month it can provide relief from severe and incurable cases of piles. It is known as *Tīkṣaṇamukha Rasa*.

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(*Rasendra Sār Sangraha*)

अर्शःकुठारो रसः–

शुद्धसूतं द्विधा गन्धं मृतलौहञ्च ताम्रकम् । प्रत्येकं द्विपलं दन्ती त्र्यूषणं शूरणं तथा ।।२३८।।
शुभाटङ्गयवक्षारसैन्धवं पलपञ्चकम् । पलाष्टकं स्नुहीक्षीरं द्वात्रिंशच्च गवां जलैः ।।२३९।।
आपिण्डितं पचेदग्नौ खादेन्माषद्वयं ततः । रसश्चार्शः कुठारोऽयं सर्वरोगकुलान्तकः ।।२४०।।

238-240. Arśakuṭhāro Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, root of *dantī*, *tryūṣṇa* (dried ginger, *marica* and *pippalī*), purified borax, *yavakṣāra*, rock salt, latex of *snuhī* and cow's urine.

Process of Drug-Making: Obtain 80 gm. powders of each of the following: purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, 200 gm. each of the root of *dantī*, *tryūṣṇa* (prepared from equal parts of dried ginger, *marica* and *pippalī*), purified borax, *yavakṣāra*, rock salt and 320 gm. of latex of *snuhī*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Churn all these materials together. Add to it 1280 ml. of cow's urine and cook the compound so long as a lump could be formed out of it. Remove it when the cow's urine is totally evaporated. Subsequently, mortar the compound into a fine powder and store it.

Method of use/Administration: Depending on the indisposition, one could take 250 mg. of the drug daily, with different *anupānas*.

Therapeutic benefits: This medicine is known as *Arśa kuṭhāra Rasa*. This medicine provides relief from all types of diseases and helps in getting rid of swollen fleshy bulbs.

(*Rasendra Sār Sangraha*)

अर्शःकुठारो रसः (यो. र.)–

भागःशुद्धरसस्य भागयुगलंगन्धस्य लोहाभ्रयोः षड्बिल्वाग्निहलोषणाभयरजोदन्ती च भागैः पृथक् ।
पञ्च स्युः स्फुटटङ्कणस्य च यवक्षारस्य सिन्धूद्भवाद्भागाः पञ्च गवां जलं सुविमलं द्वात्रिंशदेतत् पचेत् ।
स्नुग्दुग्धं चगवां जलावधिशनैःपिण्डीकृतंतद्भवेद्माषैकंगुदकीलकद्रुमजटाच्छेदेकुठारो रसः ।।२४१।।

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241. Arśa kuṭhāra Rasa (Another Recipe):

Ingredients: *Rasa*, *gandha*, *lauha*, *abhra*, powder of *bilva*, *agni*, *hala* or *lāngalī*, *uśṇa*, *abhayā*, *dantī*, fried *tañkaṇa*, *yava kṣāra*, *sindhūdbhava*, cow's urine and latex of *snuhī*.

Process of Drug-Making: *Rasa* (10 gm.), *gandha* (20 gm.), *lauha* (20 gm.), *abhra* (20 gm.), powder of *bilva* (60 gm.), *agni* (60 gm.), *hala* or *lāngalī* (60 gm.), *uṣna* (60 gm.), and *abhayā* (60 gm.), *dantī* (60 gm.), fried *tañkaṇa* (50 gm.), *yava kṣāra* (50 gm.), *sindhūdbhava* (50 gm.), cow's urine (320 ml.) and latex of *snuhī* (320 ml.) should be triturated till the whole recipe takes the form of a *piṇḍa* (bolus) and the cow-urine gets evaporated.

Method of use/ Administration and Therapeutic benefits: Taken daily in doses of 1 gm., the medicine serves like an axe to remove the buds of the piles.

(*Yoga Ratnākar*)

चक्राख्यो रसः–

मृतसूताभ्रवैक्रान्तं ताम्रं कांस्यं समं समम् । सर्वतुल्येन गन्धेन दिनं भल्लातकैर्द्रवैः ।।२४२।।
मर्दयेद्यत्नतः पश्चाद्वटींकुर्याद्द्विगुञ्जिकाम् । भक्षणाद्गुदजान्हन्तिद्वन्द्वजान् सर्वजानपि ।।२४३।।

242-243. Cakrākhya Rasa:

Ingredients: *Pārada bhasma* or *rasa sindūra*, *abhraka bhasma*, *vaikrānta bhasma*, *tāmra bhasma*, *kānsya bhasma*, purified *gandhaka* and decoction of purified *bhallatka*.

Process of Drug-Making: Obtain 10 gm. each of the *pārada bhasma* or *rasa sindūra*, *abhraka bhasma*, *vaikrānta bhasma*, *tāmra bhasma*, *kānsya bhasma* and purified *gandhaka* equivalent in weight to all these materials (i.e. 50 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka*, mix rest of the materials into it and mortar the whole into a fine powder. Triturate the compound with decoction of purified *bhallatka* for one whole day. Prepare pills in measurement of 250 mg. each and store them.

Method of use/ Administration and Therapeutic benefits: Consume this pill daily to get relief from all types of diseases caused due to disordered *doṣas* and gets rid of swollen fleshy bulbs (piles).

(*Rasendra Sār Sangraha*)

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चञ्चत्कुठारो रसः–

रसगन्धकलौहानां प्रत्येकं भागयुग्मकम् । त्रिकटुदन्तीकुष्ठैकं षड्भागं लाङ्गलस्य च ।।२४४।।
क्षारसैन्धवटङ्काणां प्रत्येकं भागपञ्चकम् । गोमूत्रस्य च द्वात्रिंशत्स्नुहीक्षीरं तथैव च ।।२४५।।
यावच्च पिण्डितंसर्वंतावन्मृद्वग्निनापचेत् । रक्तिद्वयं ततः खादेद् दिवास्वप्नादि वर्जयेत् ।।२४६।।
रसश्चञ्चत्कुठारोऽयमर्शसां कुलनाशनः ।।२४७।।

244-247. Cañcantkuthāro Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tṛikaṭu* herbs (dried ginger, *marica* and *pippalī*), root of *dantī*, *kuṣṭha*, pure root of *lāngalī*, *yavakṣāra*, *saindhava lavaṇa*, purified borax, cow urine and latex of *snuhī*.

Process of Drug-Making: Obtain the following: purified *pārada* (20 gm.), purified *gandhaka* (20 gm.), *lauha bhasma* (20 gm.), powders of the following in measurement of 10 gm. each: *tṛikaṭu* herbs (dried ginger, *marica* and *pippalī*),root of *dantī*, *kuṣṭha*, 60 gm. measure of roots of *lāngalī*, 50 gm. each of powdered *yavakṣāra*, *saindhava lavaṇa*, purified borax and 320 ml. each of cow urine and latex of *snuhī*.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka*. Churn rest of the materials and add the mix into *kajjalī* along with cow urine. Put this compound in a pan and cook it on a slow heat. Cook it till the same gets the form of a *pinḍī* (lump). Let the properly cooked preparation cool down to atmospheric temperature. Mortar the same and preserve it.

Method of use/Administration: This medicine should be consumed in doses of 250 mg. daily. While consuming this medicine one should avoid the following: sleeping during daytime, roaming during night, bitter food, red chilly and oil.

Therapeutic benefits: This medicine is known as *Cañcantkuthāro Rasa* and cures all types of piles.

(*Rasendra Sār Sangraha*)

चक्रेश्वररसः–

चतुर्भागं शुद्धसूतं पञ्च टङ्कणमभ्रकम् । त्रिदिनं भावयेद् घर्मे द्रवैः श्वेतपुनर्नवैः ।।२४८।।
द्विगुञ्जं भक्षयेन्नित्यं वातर्दुनामशान्तये । सिद्धश्चक्रेश्वरो नाम रसश्चार्शःकुलान्तकः ।।२४९।।

248-249. Cakreśvara Rasa:

Ingredients: *Rasa sindūra*, borax and *abhraka bhasma*.

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Process of Drug-Making: Take *rasa sindūra* (40 gm.), borax (50 gm.) and *abhraka bhasma* (50 gm.). Saturate these materials with juice of white *punarnavā* through *bhāvanā* method for three consecutive days and finally dry the preparation under sun. Prepare pills in measurement of 250 mg. each.

Therapeutic benefits: This medicine is very beneficial in curing piles caused due to disordered *vāta*. This medicine is known as *Cakreśavara Rasa*.

(*Rasendra Sār Sangraha*)

शिलागन्धकवटिका–

शिलगन्धकयोश्चूर्णं पृथग् भृङ्गरसाप्लुतम् । सप्ताहं भावयेत्सर्पिर्मधुभ्याञ्च विमर्दयेत् ।।२५०।।
अर्शसश्चानुलोम्यार्थं हताग्निबलवर्द्धनम् । रक्तिकाद्वितयं खादेत् कुष्ठादिरहितो नरः ।।२५१।।

250-251.Śilāgandhaka Vaṭikā:

Ingredients: Purified *manahśilā*, purified *gandhaka*, juice of *bhṛingarāja*, *ghṛitam* and honey.

Process of Drug-Making: Take equal quantities (i.e. 50 gm. each) of purified *manahśilā* and purified *gandhaka*. Mortar them separately along with juice of *bhṛingarāja* (100 ml.) for seven consecutive days and saturate them through *bhāvanā* method. Mix both these compound into *ghṛitam* (50 gm.) and honey (50 gm.) and subsequently mortar it again. Prepare pills out of the preparation.

Method of use/Administration: Take this medicine daily in dosage of two *raktikās* (=250 mg.) (modern dose 16-32 mg.).

Therapeutic benefits: Daily consumption of this medicine provides great relief for patients of *kuṣṭha* suffering from piles.

(*Rasendra Sār Sangraha*)

जातीफलादिवटी–

जातीफलं लवङ्गञ्च पिप्पली सैन्धवं तथा । शुण्ठी धुस्तूरबीजञ्च दरदं टङ्कणं तथा ।।२५२।।
समंसर्वं विचूर्ण्याथ जम्भाम्भसा विमर्दयेत् । जातीफलादिवटीयमर्शोऽग्निमान्द्यनाशिनी ।।२५३।।

252-253. Jātīphalādi Vaṭī:

Ingredients: *Jātīphala*, clove, *pippalī*, rock salt, dried ginger, pure seeds of *dhatūra*, purified *hiñgula*, borax and juice of *jambīira* lemon.

Process of Drug-Making: Obtain equal of parts of the powdered form of the following: *jātīphala*, clove, *pippalī*, rock salt, dried ginger, pure seeds of *dhatūra*,

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purified *hiñgula* and borax. Mortar this mixture with juice of *jambīira* lemon for whole day. Prepare pills in measurement of two *raktikās* (=250 mg.) each and store them.

Therapeutic benefits: This medicine is called *Jātīphalādi Vaṭī* and is very useful in curing piles and increasing digestive power.

(*Rasendra Sār Sangraha*)

पञ्चाननवटी–

मृतसूताभ्रलौहानि मृतार्कगन्धकैः सह । सर्वाणि समभागानि भल्लातं सर्वतुल्यकम् ।।२५४।।
वन्यशूरणमाणोत्थैर्द्रवैः पलमितैः पृथक् । मर्दयेद्दिनमेकञ्च माषमात्रं पिबेद् घृतैः ।।२५५।।
भक्षणाद्धन्ति सर्वाणिचार्शांसि चन संशयः। असाध्येष्वपि कर्त्तव्या चिकित्सा शङ्करोदिता ।।
कुष्ठरोगं निहन्त्याशु मृत्युरोगविनाशिनी ।।२५६।।

254-256. Pañcānan Vaṭī:

Ingredients: *Pārada bhasma* or *rasa sindūra*, *lauha bhasma*, *tāmra bhasma*, *abhraka bhasma*, *gandhaka bhasma*, purified *bhallātaka*, juices of *vanyaśūraṇa* and *mānakanda*.

Process of Drug-Making: Take *bhasmas* of *pārada*, *rasa sindūra*, *lauha*, *tāmra*, *abhraka* and purified *gandhaka* each measuring 10 gm. Take powder of purified *bhallātaka* equal to the combined weight of the rest materials (i.e. 50 gm.) and mortar them together. Subsequently, mortar this compound separately along with juices of *vanyaśūraṇa* and *mānakanda* for one day each. Prepare pills in measurement of 1 gm. (modern dose equivalent to one *urad* (pulse).

Method of use/Administration: Take one pill daily each with *ghṛitam*.

Therapeutic benefits: This medicine surely cures piles. God Śankar is believed to have said that this medicine can cure severe cases of pile. This medicine is also capable of curing *kuṣṭha* (skin diseases including leprosy) and other fatal diseases.

(*Rasendra Sār Sangraha*)

नित्योदितरसः–

शुद्धसूताभ्रलौहार्कविषं गन्धं समं समम् । सर्वतुल्यांशभल्लातफलमेकत्र चूर्णयेत् ।।२५७।।
द्रवैः शूरणमाणोत्थैर्भाव्यंखल्ले दिनत्रयम् । माषमात्रं लिहेदाज्यै रसैश्चार्शांसि नाशयेत् ।।२५८।।
रसो नित्योदितो नाम गुदोद्भवकुलान्तकः ।।२५९।।

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257-259. Nityodita Rasa:

Ingredients: *Mṛitasūta* (*pārada bhasma* or *rasa sindūra*), *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, purified *vatsanābha viṣa*, purified *gandhaka*, powder of purified *bhallātaka* fruits, juices of *śūraṇakand* and *mānakand*.

Process of Drug-Making: Collect the following: *mṛitasūta* (*pārada bhasma* and *rasa sindūra*), *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, purified *vatsanābha viṣa*, purified *gandhaka* each measuring 10 gm. and powder of purified *bhallātaka* fruits equivalent to the combined quantity of the ingredients (i.e. 60 gm.). Mortar all these materials into fine powder. Treat this compound with juices of *śūraṇakand* and *mānakand* thorough *bhāvanā* method for three days. Subsequently, mortar the same properly.

Method of use/Administration: Consume this medicine in doses of 60 mg. to 125 mg. with *ghṛitam* or with different *anupānas* depending on the indispositions.

Therapeutic benefits: This medicine gives relief from all types of pile. This medicine is known as *Nityodita Rasa*.

(*Rasendra Sār Sangraha*)

अष्टाङ्गो रसः–

गन्धं रसेन्द्रं मृतलौहकिट्टं फलत्रयं त्र्यूषणवह्निभृङ्गम् ।
कृत्वा समं शाल्मलिकागुडूचीरसेन यामत्रितयं विमर्द्य ।।२६०।।
निष्कप्रमाणं गदितानुपानैः सर्वाणि चार्शांसि हरेद्रसस्य ।
लोकोपकृत्यै करुणामयेन रसोऽयमुक्तस्त्रिपुरान्तकेन ।।२६१।।

260-261. Aṣṭāñga Rasa:

Ingredients: Purified *gandhaka*, *pārada*, *manḍūra bhasma*, *triphalā*, root of *citraka*, *bhṛinga* (cinnamon), *tṛikaṭu* herbs, decoction of *śālmalī* plant's root and juice of *guḍūcī*.

Process of Drug-Making: Obtain 10 gm. each of the following in powdered form: purified *gandhaka*, *pārada*, *manḍūra bhasma*, *triphalā*, root of *citraka*, *bhṛinga* (cinnamon) and *tṛikaṭu* herbs. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and add rest of the powders into it. Churn the preparation thoroughly. Decoct and simultaneously mortar this compound separately along with decoction of *śālmalī* plant's root and juice of *guḍūcī* for six hours each.

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Method of use/Administration: This medicine is known as *Aṣṭāñga Rasa*. This medicine should be consumed in doses of 1 gm. along with different *anupānas* as mentioned in the above prescription.

Therapeutic benefits: This medicine is very effective in curing piles. It has been propounded by God Śivaji for the welfare of mankind.

(*Rasendra Sār Sangraha*)

क्षारः–

प्रशस्तेऽहनि नक्षत्रे कृतमङ्गलपूर्वकम् । कालमुष्ककमाहृत्य दग्ध्वा भस्म समाहरेत् ।।२६२।।
आढकं त्वेकमादाय जलद्रोणे पचेद्भिषक् । चतुर्भागावशिष्टेन वस्त्रपूतेन वारिणा ।।२६३।।
शङ्खचूर्णस्य कुडवं प्रक्षिप्य विपचेत्पुनः । शनैः शनैस्तु मृद्वग्नौ यावत्सान्द्रतनुर्भवेत् ।।२६४।।
स्वर्जिकायावशूकाभ्यां शुण्ठीमरिचपिप्पली । वचा चातिविषा चैव हिङ्गुचित्रकयोस्तथा ।।२६५।।
एषां चूर्णानि निक्षिप्य पृथक्त्वेनाष्टमाषकम् । दर्व्या संघट्टितं चापि स्थापयेदायसे घटे ।
एष वह्निसमः क्षारःकीर्त्तितः काश्यपादिभिः ।।२६६।।

262-266. Kṣāra:

In an auspicious day having auspicious constellation, *kāla muṣkaka* (a type of *pāṭal*) should be collected after performing holy rites. This should be burnt on fire and the ash (*bhasma*) out of it should be collected. 3 litres of this should be boiled in 12.50 litres of water till one fourth remains, and then, the preparation should be sieved through a cloth. In this water, one *kuḍava* (192 gm.) of the powder (*bhasma*) of *śankha* should be added and boiled till the preparation gets thick. To this, add 8 gm. of each of the powder of *svarjika kṣāra*, *yava kṣāra*, *śunṭhī*, *marica*, *pippalī*, *vacā*, *ativiṣa*, *hingu* and *citraka*. Stir the preparation properly. It should then be stored in an iron jar. This *kṣāra* (alkali preparation) works like fire (in uprooting piles). It has been recommended by sages like Kāśyapa. (One should burn the plant *kāla muṣkaka* using the dried branches of sesame plant for obtaining the *bhasma*.)

(Cakradatt)

क्षारपाकविधिः–

तोये कालकमुष्ककस्य विपचेद्भस्माढकंषड्गुणेपात्रेलोहमयेदृढे विपुलधीर्दर्व्या शनैर्घट्टयन् ।
दग्ध्वाऽग्नौबहुशङ्खनाभिशकलान्पूतावशेषेक्षिपेद्यद्येरण्ड
जनालमेषदहतिक्षारोवरोवाक्शतात् ।।२६७।।
प्रायस्त्रिभागशिष्टेऽस्मिन्नच्छपैच्छिल्यरक्तता । संजायते तदास्त्राव्य क्षाराम्भो ग्राह्यमिष्यते ।।२६८।।

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तुर्येणाष्टमकेनषोडशभवेनांशेनसंव्यूहिमोमध्यःश्रेष्ठइति क्रमेण विहितः क्षारोदकाच्छङ्खकः ।।२६९।।
नातिसान्द्रो नातितनुः क्षारपाक उदाहृतः दुर्नामकादौ निर्दिष्टः क्षारोऽयं प्रतिसारणः ।
पानीयो यस्तु गुल्मादौ तं वारानेकविंशतिम् । स्त्रावयेत् षड्गुणे तोये केचिदाहुश्चतुर्गुणे ।।२७०।।

267-270. Burn 20 Kg. of *kāla muṣkaka* and thus obtain 3 kg. of its *bhasma*. It should be boiled along with six times of water (i.e. 18 litres) in an iron vessel. It should be slowly stirred with a spoon. *Śankha Nābhi* should be burnt in fire and its *bhasma* (345 gm.) should then be added to the recipe. If a stalk of *eraṇḍa* is placed in this recipe, it gets burnt while counting numbers till one hundred. Boiling of this recipe should be continued till one third of the original remains. At this stage the preparation becomes transparent, slimy and reddish in colour. This is the time when it should be filtered and the *kṣārāmbu* (alkaline water) should be collected. *Kṣarodaka* prepared of *śankha* is of three types viz; *mṛidu* (mild), *madhya* (medium) and *śrestha* (best or sharp). For the preparation of these three types of *kṣāra*, four times, eight times and sixteen times of *śankha bhasm*, respectively, should be added to the preparation. The *kṣāra* correctly prepared should be neither very thick nor very thin. This type of *parti sāraṇa kṣāra* is used in the treatment of piles. The *pānīya* type of *kṣāra* should be decantated for twenty one times by adding six times of water to it. It is used in treatment of *gulma*.

(Cakradatt)

क्षारसूत्रम्–

भावितं रजनीचूर्णैः स्नुहीक्षीरे पुनः पुनः । बन्धनात् सुदृढं सूत्रं भिनत्त्यर्शो भगन्दरम् ।।२७१।।

271-273. Kṣāra Sūtram

Mix the powder of the turmeric with the latex of *snuhī* and keep the preparation into a glass-pipe. Process a thread of cotton through *bhāvanā* method for several times using this recipe. Use the thread to tie the pile's bud. It removes the buds effectively.

(Cakradatt)

क्षारसूत्रप्रयोगविधिः–

प्राग्दक्षिणं ततो वामं पृष्ठजञ्चाग्रजं क्रमात् । पञ्चतिक्तेन संस्नेह्य दहेत् क्षारेण वह्निना ।।२७२।।
वातजं श्लेष्मजञ्चार्शः क्षारेणास्त्रजपित्तजे । महान्ति तनुमूलानि च्छित्वैव बलिनो दहेत् ।
चर्मकीलं तथा च्छित्त्वा दहेदन्यतरेण वा ।।२७३।।

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272-273 Method of application of the Kṣāra Sūtram:

If there are lots of piles' buds then they should be treated with cauterization first on the right side, then on the left followed by back side and finally on the front side (of the anal region, around the testicles). Before performing *dāha* therapy, the patient should drink *pañcatitka ghṛita* and should have a complete *snehana* (oleation) therapy. After this, the patient should be treated with *kṣāra* and fire on the swollen fleshy buds caused due to disordered *vāta* and *kapha doṣa*. The piles caused due to disordered *pitta* and *rakta* should be treated with *kṣāra* only. If the patient is strong and healthy, then the fleshy swollen bulbs having thin root (also big buds) should be removed through surgical therapy. First cut off the skin (*charmkīl*) with surgical blades and treat the bud with *kṣāra* or *dāha* therapy.

(Cakradatt)

सम्यक्क्षारदग्धलक्षणम्–

पक्वजम्बूपमो वर्णः क्षारदग्धः प्रशस्यते ।।२७४।।

प्रतिसारणीयक्षारस्य प्रयोगक्रमः–

गोजीशेफालिकापत्रैरर्शःसंलिख्य लेपयेत् । क्षारेण वाक्शतं तिष्ठेद् यन्त्रद्वारं पिधाय च ।।२७५।।
तञ्चापनीय वीक्षेत पक्वजम्बूफलोपमम् । यदि च स्यात् ततो भद्रं नो चेल्लिम्पेत् तथा पुनः । तत् तुषाम्बुप्लुतं साज्यं यष्टीकल्केन लेपयेत् ।।२७६।।

274-276. Characteristics of Correct Application of Kṣāra:

If by the application of *kṣāra*, the colour of the piles' buds changes and looks like a ripe fruit of *jambū*, then it should be considered as correct application of *kṣāra*. First of all the piles' buds should be rubbed with the leaf of *goji* or *śephālikā* and then *kṣāra* should be applied over the buds. Thereafter, the physician should cover the bud with *arśo-yañtra* and should wait for the duration of counting up to one hundred. Then the mouth of the *yañtra* should be opened and the physician should look into the piles' buds. If it appears like the ripe fruit of *jambū*, then it should be considered that *kṣāra* has been applied properly. If not, the process should be repeated for obtaining the required result. Thereafter, an ointment prepared of the *kalka* of *yaṣṭi* mixed with *kānji* and treated with husk (*tuṣa*) and *ghṛitam* should be applied over the piles' buds.

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वह्निदग्धस्य प्राशस्त्ये लक्षणम्–

न निम्नं तालवर्णाभं वह्निदग्धं स्थितासृजम् ।।२७७।।

वह्निदग्धे प्रतिक्रिया–

निर्वाप्य मधुसर्पिर्भ्यां वह्निसञ्जातवेदनाम् । सम्यग्दग्धे तुगाक्षीरी प्लक्षचन्दनगैरिकैः ।।२७८।।
सामृतैः सर्पिषा युक्तैरालेपं कारयेद्भिषेक् । मुहूर्त्तमुपवेश्योऽसौ तोयपूर्णेऽथ भाजने ।।२७९।।

277-279. Cauterization:

The piles mass, over which *kṣāra* has been applied, should be cauterized with the help of fire (red-hot iron probe). Then the colour of the piles becomes red like the *tāla* fruit and bleeding is halted. Because of cauterization, three will be pain. It could be relieved by the application of honey and *ghṛitam*. After satisfactory cauterization, the ointment prepared of *tugakṣīrī*, *plākṣa*, *candana*, *gairika*, *amṛitā* and *ghṛitam* should be applied over it. For a little while, the patient should be asked to sit in a vessel filled with water.

उपद्रवचिकित्सा–

क्षारमुष्णाम्बुना पाय्यं विबन्धे मूत्रवर्चसोः । दाहे वस्त्यादिजे लेपः शतधौतेन सर्पिषा ।।२८०।।
नवान्नंमाषतक्रादि सेव्यं पाकाय जानता । पिबेद् व्रणबिशुद्ध्यर्थं वराक्वाथं सगुग्गुलुम् ।।२८१।।

280-281. Management of Post-operative Complications:

After the application of *kṣāra* and cauterization, if there is obstruction to the passage of urine and stool, then *kṣāra* along with warm-water should be administered internally. If there is burning sensation in the region of urinary bladder and the like, then *Śata dhauta ghṛita* (*ghṛitam* washed and rubbed along with water for one hundred times) should be applied externally. For causing suppuration of the ulcer, the patient should be served freshly harvested rice, *urada* beans and buttermilk. For the cleansing of the ulcer, the patient should be given the decoction of *vara* (*triphalā*) mixed with purified *guggulu*.

(Cakradatt)

अथार्शसि पथ्यान्याह–

विरेचनं लेपनमस्त्रमोक्षः क्षाराग्निशस्त्राचरितञ्च कर्म ।
पुरातना लोहितशालयश्च सषष्टिकाश्चापि यवाः कुलत्थाः ।।२८२।।
पटोलपत्तूररसोनवह्निपुनर्नवाशूरणवास्तुकानि ।
जीवन्तिकादन्तशठा सुरा च शुण्ठी वयस्था नवनीतकञ्च ।।२८३।।
भल्लातकं सर्षपजञ्च तैलंगोमूत्रसौवीरतुषोदकानि ।।२८४।।
कक्कोलधात्रीरुचकं कपित्थमौष्ट्राणि मूत्राज्यपयांसि चापि ।

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वातापहं यच्च यदग्निकारि तदन्नपानं हितमर्शसेभ्यः ।।२८५।।

282. Prescribed therapies and eatables in cases of piles:

The patient of piles can be treated with *virecana* therapy, application of *kṣāra* or other above mentioned *kalkas*, blood letting from buds, *kṣāra* therapy, fire therapy and surgical therapy. Old variety of *śāli* and *ṣaṣṭhi* rice, barley and *kulattha* as diets are fit for the patients. The following eatables are also beneficial: leaf and fruit of *paṭola* (a variety of small cucumber); *śāli nca* leaves, garlic pearls, *citraka*, leaves of *punarnavā*, *sūraṇakanda* (elephant's foot); leaf of *vāstuka* (*cenopodium*), *jambīra* lemon, scented liquids, dried ginger, *haraḍa* and butter, purified *bhallātaka*, mustard oil, cow urine, *Sauvīra*, *tuṣodaka*, *kakkola*, fruit rind of *āmalakī*; black salt, fruit of *kapittha* (wood apple), camel's urine, milk and *ghṛita*. The consumables that are helpful in checking *vāta* and promoting the digestive power are also good for such patients.

गोधाऽखुलोपाकगवोष्ट्रकूर्मश्वावित्कुलिङ्गाजखरौतुकीशाः ।
तरक्षुचाषाश्वशृगालकाकायेऽन्येऽपि मांसात्प्रसहाश्च तेऽपि ।।२८६।।

286. The flash of the following animals is also useful in terms of *pathya* for a patient of piles: *godhā*, rat, jackal, cow, camal, tortoise, *śallakī*, goat, donkey, cat, lepord, horse and fox. The birds in this case include the domestic sparrow, crow, *chaṭaka* and other.

संक्षेपतः पथ्यानि–

कुलित्थायवगोधूमाःशालयो रक्तका हिताः । पुनर्नवा सूरणञ्च तक्रं धात्री कपित्थकम् ।।२८७।।
नवनीतन्तु वास्तूकं पटोलं मरिचं तथा । मृगमांसमजादुग्धं वृन्ताकं काञ्जिकं तथा ।
अर्शोरोगे तु पथ्यानि मुनिभिः कथितानि तु ।।२८८।।

287-288. Other eatable that are fit to be consumed by the patients of piles include the pulse beans of *kulattha*, barley, wheat, red variety of *śāli* rice, *punarnavā* leaves, *śūraṇa*, buttermilk, *āmalakī*, *kapittha*, *paṭola*, black pepper, venison, goat's milk, aubergine and *kānji*.

अर्शोरोगे वर्जनीयानि–

आनूपमामिषंमत्स्यंपिण्याकंदधिपिष्टकम् । माषान्करीरंनिष्पावं बिल्वं तुम्बीमुपोदिकाम् ।।२८९।।
पक्वाम्रं शालुकं सर्वं विष्टम्भीनि गुरूणि च । आतपं जलपानानि वमनं बस्तिकर्म च ।।२९०।।
प्राच्यवन्त्यषरान्तोत्थनदीनां सलिलानि च । विरुद्धानि च सर्वाणि मारुतं पूर्वदिग्भवम् ।।२९१।।
वेगावरोधं स्त्रीपृष्ठयानमुत्कटुकासनम् । यथास्वं दोषलञ्चान्नमर्शसः परिवर्जयेत् ।।२९२।।

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289-292. The patients of piles are suggested to avoid the followings; flash of the animals and birds from *Anup* country (central-west India), the pressed cake of sesame, curd, deeply fried eatables, those articles that are difficult to digest and water from such rivers as the one flowing in the *Avantī* and *Aparānta* countries (central-west India). These patients are not to ride on horse or camel's back. They have to maintain celibacy. Excessive use of water, sun bath, heat, and suppression of natural urges of urination and defection are harmful for the patients. They are also not to opt difficult sitting post.ures and to avoid easterly wind.

रक्तार्शसां विशेषविध्युपदेशः–

यत्पथ्यं यदपथ्यं च रक्तपित्तिकृते मतम् । तत्तदेव हि बोद्धव्यं रक्तार्शोरोगिणामपि ।।२९३।।

293. The *pathyās* and the *apathyas* suggested in the section of the treatment of *Raktapitta* of the present work are also applicable to the cases of the bleeding piles. They should be followed.

इति भैषज्यरत्नावल्यामर्शोरोगचिकित्साप्रकरणम् ।।९।।

इति भैषज्यरत्नावल्यां विद्योतिनीनामिकायां भाषाटीकायामर्शोरोगचिकित्साप्रकरणम् ।।९।।

End of the Chapter 9 of Bhaiṣajya Ratnāvalī with Commentary

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अथाग्निमान्द्यादिचिकित्साप्रकरणम् १०

Chapter 10
Mandāgni (Dyspepsia)

To protect and maintain appetite and digestive power is central to health. Therefore, one must keep priority to attain normalcy in appetite. If this is maintained several other diseases are automatically controlled or prevented. If the appetite is itself disturbed, one gets diseases of various kinds. The treatments to dyspepsia as described in the chapter also refer to constipation and gastroenteritis and the like.

जाठराग्निरक्षणोपदेशः–

सारमेतच्चिकित्सायाः परमग्नेश्च पालनम् । तस्माद्यत्नेन कर्त्तव्यं वह्नेस्तु प्रतिपालनम् ।।१।।

Instruction for maintaining the appetite

1. Maintaining appropriate digestion is central to the defense from all the health problems. Therefore one should by all means have a regulated digestion.

जाठराग्निरक्षाऽऽयत्तं जीवितम्–

अस्तु दोषशतं क्रुद्धं सन्तु व्याधिशतानि च । कायाग्निमेव मतिमान् रक्षन् रक्षति जीवितम् ।।२।।

2. Even when a number of ailments attack an individual, he can protect his life if he maintains a regulated digestion. In other words, no number of diseases can harm an individual if he has a proper digestion.

संनिकृष्टनिदानलक्षणपूर्वकाग्निविकाराः (भा. प्र.)–

मन्दस्तीक्ष्णोऽथ विषमः समश्चेति चतुर्विधः । कफपित्तानिलाधिक्यात्तत्साम्याज्जाठरोऽनलः ।।
स्वल्पाऽपिनैव मन्दाग्नेर्मात्रा भुक्ता विपच्यते । छर्दिः सादः प्रसेकः स्याच्छिरोजठरगौरवम् ।।३।।
मात्राऽतिमात्राऽप्यशितातीक्ष्णाग्नेःपच्यतेसुखम् । अतएव हि केनापि मतस्तीक्ष्णाग्निरुत्तमः ।।४।।
अशिता खलु मात्राऽपि विषमाग्नेस्तुदेहिनः । कदाचित् पच्यते सम्यक् कदाचिन्न विपच्यते ।।५।।
तस्याध्मानमुदावर्त्तं शूलं जठरगौरवम् । प्रवाहणमतीसारस्तथा स्यादन्त्रकूजनम् ।।६।।
समा समाग्नेरशिता मात्रा सम्यग् विपच्यते । एषां मध्ये तु सर्वेषां समाग्निः श्रेष्ठ उच्यते ।।७।।

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3-7. Symptoms and Diagnosis of disturbed digestion

Agni (power of digestion) is of four types. Because of the affliction by the aggravated *kapha*, it becomes *manda* (mild), because of the affliction by the aggravated *pitta* it becomes *tīkṣṇa* (sharp), because of the affliction by aggravated *vāyu* it becomes *viṣama* (irregular) and if these *doṣas* are in a state of equilibrium then *agni* becomes *sāma* (balanced). If the *agni* is of 'sharp' type, then food taken in appropriate quantity or in excess gets easily digested. This is described in the text only by the way of illustration. If the person having this type of *agni* takes food before the previous meal is digested, even this gets digested easily.

The sign of slow dyspepsia of '*Manda Jāṭharāgni*' is diminished appetite, indigestion and loss of taste. One feels a vomitting tendency and heaviness in abdomen and head. There is also excessive salivation in the mouth. The sign of the *tīkṣṇa* (sharp) *jāṭharāgni* is fast digestion of the meals consumed. Therefore, the *tīkṣṇa jāṭharāgni* has been considered by many as sign of good health. Those facing irregular *jāṭharāgni* sometimes digests their meals properly but sometimes it is opposite. Their intestines create noise occasionally. They feel heaviness and pass stools with mucus occasionally. Such persons are also prone to get diarrhoea. Those having *sāma* (balanced) *jāṭharāgni* are considered to be fit from digestion of health. They easily stomach and digest the normal meals. One is supposed to keep the *sāma jāṭharāgni* fit by following a healthy and regulated diet. The *sāma* type of *jāṭharāgni* represents the best position.

जाठराग्निरक्षणे सामान्यक्रमः–

समस्य रक्षणं कार्यं विषमे वातनिग्रहः । तीक्ष्णे पित्तप्रतीकारो मन्दे श्लेष्मविशोषणम् ।।८।।

8. Process of maintaining the digestive power

When the digestive power is perfect one should protect it through proper dieting and meal intake. If the digestive power is weak, one should avoid meals that develop *kapha* content of the body. When the digestive power is heightened one should try to pacify the *pitta doṣa*. When the digestive power is alternatively both weak and sharp one should try to avoid meals that develop the *vāta* content. When it is weak or *manda* one should treat the vitiated *kapha*.

वह्निदीप्तिकरा हरीतक्यादियोगाः–

हरीतकी तथा शुण्ठी भक्ष्यमाणा गुडेन च । सैन्धवेन युता वा स्यात्सातत्येनाग्निदीपनी ।।९।।

गुडेन शुंठीमथ चोषकुल्यां पथ्यां तृतीयामथ दाडिमं वा ।

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आमेष्वजीर्णेषु गुदामयेषु वर्चोविबन्धेषु च नित्यमद्यात् ।।१०।।

9-10. Harītakī Yoga:

Harītakī regularly taken along with either *nāgara* or *guḍa* or rock salt stimulates the power of digestion. For the cure of *āma* type of indigestion, diseases of the anus and constipation, the patient should regularly take *śunṭhī* or *upakulya* or *pathyā* or *dāḍima* along with *guḍa*.

(*Bhāvaprakāśa*)

समयवशूकजनागरचूर्णलीढं घृतेन गोसर्गे । कुरुते क्षुधां सुखाम्भः पीतं विश्वौषधं वैकम् ।।११।

11. *Yava śuka* and the powder of the *mahauṣadha* should be mixed with cow's *ghṛitam* and licked. It increases appetite. Even *viṣvauṣadha* (dried ginger) alone taken with boiled water promotes hunger.

(Cakradatt)

अन्नमण्डं पिबेदुष्णं हिङ्गुसौवर्चलान्वितम् । विषमोऽपि समस्तेन मन्दो दीप्येत पावकः ।।१२।।

12. *Anna manḍa* (the thick liquid that comes out while boiling rice) should be taken when it is still hot by adding to it asafoetida and *sauvarcala* salt. This normalizes the irregular power of digestion and stimulates the suppressed power of digestion.

(Cakradatt)

भोजनाग्रेसदा पथ्यं जिह्वाकण्ठविशोधनम् । अग्निसंदीपनं हृद्यं लवणार्द्रकभक्षणम् ।।१३।।

13. Taking rock salt (500 mg.) and pieces of ginger (5 gm.) before taking meals increases the digestive power. It also purifies tongue and throat. It is good for heart as well.

(Cakradatt)

तीक्ष्णाग्निचिकित्सा (च. द.)–

नारीक्षीरेणसंयुक्तां पिबेदौदुम्बरी त्वचम् । आभ्यां वा पायसं सिद्धं पिबेदत्यग्निशान्तये ।।१४।।
यत्किञ्चिद्गुरुमेध्यंचश्लेष्मकारिच भेषजम् । सर्वं तदत्यग्निहितं भुक्त्वा प्रस्वपनं दिवा ।।१५।।
मुहुर्मुहुरजीर्णेऽपि भोज्यमस्योपकल्पयेत् । निरिन्धनोऽन्तरं लब्ध्वा यथैनं न निपातयेत् ।।१६।।

14-16. The powder of bark of *udumbara* (25 gm.) should be taken with woman's milk (200 ml.). It should be taken in a shape of *kalka* or through treating

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the milk with the bark. These recipes cure *atyāgni* (excessive power of digestion). Eatables which are heavy for digestion, drugs which increase the quantity of *kapha* and sleep during day-time, all these cure excessive power of digestion. Even before the digestion of the previous meal, such patients should be given food frequently, because if the *agni* (digestive fire) does not get fuel in the form of food, it makes an inroad into the tissues and causes death of the patient.

(Cakradatt)

आमाजीर्णचिकित्सा (भा. प्र.)–

तत्रामे वमनं कार्यं विदग्धे लङ्घनं हितम् ।।१७।।

17. The cases of indigestion are cured by *langhaṇa* (fasting) and vomiting.

(*Bhāvaprakāśa*)

विष्टब्धे स्वेदनं शस्तं रसशेषे शयीत च ।।१८।।

18. In cases of constipation (*viṣṭambha*), sweating and in cases of loss of digestive juices (*rasaśeś*), sleeping is useful for patients.

वचालवणतोयेन वान्तिरामे प्रशस्यते । कणासिन्धुवचाकल्कं पीत्वा वा शिशिराम्भसा ।।१९।।

19. In old cases of indigestion, one should prepare decoction of *vacā* (10 gm.) and treat it with 10 gm. measure of rock salt and take it with warm water. Vomitting is also useful in indigestion. Drinking cold water with the *kalka* of *vacā*, pepper and rock salt (each measuring 10 gm.) can help patients vomit.

(Cakradatt)

आमाजीर्णे क्वाथः–

धान्यनागरसिद्धं च तोयं दद्याद्विचक्षणः । आमाजीर्णप्रशमनं शूलघ्नं बस्तिशोधनम् ।।२०।।

20. Taking a decoction of coriander and dried ginger treats chronic cases of indigestion. 12 gm. each of coriander and dried ginger should be boiled in 192 ml. of water till the quantity is reduced to one-forth of the original. This preparation is effective in treating colic pain as well as disorders of kidney.

(*Bhāvaprakāśa*)

अजीर्णचिकित्सा–

भवेद्यदा प्रातरजीर्णशङ्कातदाऽभयां नागरसैन्धवाभ्याम् ।

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विचूर्णितां शीतजलेन भुक्त्वा भुञ्ज्यादशङ्कं मितमन्नकाले ।।२१।।

21. If one is feeling indigestion in the morning, one should regularly take, with cold water, powder of *abhayā*, dried ginger and rock salt. Thus, one can without hesitation, take meals on time. However, it should be limited in quantity.

(*Bhāvaprakāśa*)

चित्रकादिगुडिका (अनुभूता)–

चित्रकंपिप्पलीमूलं द्वौ क्षारौ लवणानि च । व्योषं हिङ्ग्वजमोदं च चव्यं चैकत्र चूर्णयेत् ।।२२।।
सौवर्चलं सैन्धवं च विडमौद्भिदमेव च । सामुद्रेण समं पञ्च लवणान्यत्र योजयेत् ।।२३।।
गुडिका मातुलुङ्गस्य दाडिमस्य रसेन वा । कृत्वा विपाचयत्यामं दीपयत्याशु चानलम् ।।२४।।
(दृष्टफलोऽयम्) ।

22-24. Obtain the bark of the roots of *citraka*, *pippalīmūla*, *yavakṣāra* and *sarjikṣāra* (alkali), the *pañca lavaṇa* (five kinds of salts), dried ginger, pepper, black pepper, *ghṛitam*-fried asafoetida, caraway and *cavya*. All of these should be powdered and mixed in equal parts. This mixture should be treated with the juice of lemon or citrus pomegranate. Pills weighting 500 mg. each could be made out of this mixture. Taking these pills regularly helps one increase the digestive power and checks indigestion.

(Caraka)

विदग्धाजीर्णे चिकित्सा (भा. प्र.)–

अन्नं विदग्धं हि नरस्य शीघ्रंशीताम्बुना वै परिपाकमेति ।
तत्तस्य शैत्येन निहन्ति पित्तमाक्लेदिभावाच्च नयत्यधस्तात् ।।२५।।

25. A very simple treatment to the case of indigestion is taking cool water frequently in little quantity. Since water is naturally cold, it reduces the *pitta* content of the digestive system. Moreover, by getting wet through water the meals in stomach automatically move downward to digestive system and changes itself into stools which is subsequently passed out.

(*Bhāvaprakāśa*)

विदह्यते यस्य च भुक्तमात्रंदह्येत हृत्कोष्ठगलं च यस्य ।
द्राक्षासितामाक्षिकसंप्रयुक्तांलीढ्वाऽभयां वै स सुखं लभेत ।।२६।।

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26. If there is tendency of belch and burning sensation around heart, stomach and throat, one should lick with honey the *kalka* of *abhayā*, currant and raw sugar in equal parts. It helps to get quick relief.

(Cakradatt)

हरीतकीधान्यतुषोदसिद्धासपिप्पली सैन्धव संप्रयुक्ता ।
सोद्गारधूमं भृशमप्यजीर्णं विजित्य सद्यो जनयेत्क्षुधां च ।।२७।।

27. Cook pieces of *harītakī* measuring 10 gm. in a *Dolāyañtra* along with water treated with husk of paddy and *kanji* (1 litre). Add to it powder of *pippalī* measuring 1 gm. and churned rock salt measuring 2 gm. Consuming this medication provides relief from bad belching and acts as an appetizer.

(Cakradatt)

विष्टब्धरसशेषाजीर्णयोर्विधिः–

विष्टब्धे स्वेदनं पथ्यं पेयञ्च लवणोदकम् । रसशेषे दिवास्वप्नो लङ्घनं वातवर्जनम् ।।२८।।

28. In cases of constipation caused due to indigestion, the patient should be treated through *svedana* (fomentation) therapy. He should also drink *lavaṇa* (one spoon) mixed in water (12 ml.). In severe cases of indigestion the patient should be allowed to fast and sleep during daytime. But at the same time roaming and sitting by swift winds is prohibited.

(Cakradatt)

व्यायामप्रमदाध्ववाहनरतक्लान्तानतीसारिणः शूलश्वासवतस्तृषापरिगतान् हिक्कामरुत्पीडितान् ।
क्षीणान् क्षीणकफाञ्छिशून्मदहतान् वृद्धान् रसाजीर्णिनो
रात्रौ जागरितान्नरात्रिरशनान्कामं दिवा स्वापयेत् ।।२९।।

29. The following persons should be allowed to sleep during daytime: those who are tired after doing exercises, excessive intercourse, horse riding, excessive elephant riding; those who are suffering from diarrhoea, *śūla*, asthama, morbid thirst, hiccups, problems related to disordered *vāta*, loss of vital body fluids, weak *kapha*, excessive liquour intake, dyspepsia; and those who are elderly, who remained awake during night and those who have fasted.

Note: The body uses up vital strength for doing exercises therefore persons should be allowed to sleep during day to regain that strength by allowing the body to rest. Patients of diarrhoea should be allowed to sleep during daytime because it

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increases *kapha doṣa* in the body. Sleeping makes the body channels to shrink and prevents excessive stools. the persons who remained awaken during night time, should be allowed to sleep during the pre-lunch hours for half the duration of missed sleep.

(Cakradatt)

आलिप्य जठरं प्राज्ञो हिङ्गुत्र्यूषणसैन्धवैः । दिवास्वप्नं प्रकुर्वीत सर्वाजीर्णविनाशनम् ।।३०।।

30. Prepare a *kalka* of asafoetida, dried ginger, black pepper, pepper and rock salt in hot water and apply the same over the stomach. The patient should have a sleep following this application in daytime. This treatment removes all kinds of dyspepsia and indigestion.

(Cakradatt)

पथ्यादिचूर्णम्–

पथ्यापिप्पल्युपेतं च चूर्णं सौवर्चलं पिबेत् । मस्तुनाच्छोदकेनाथ बुद्ध्वा दोषगतिं भिषक् ।।३१।।
चतुर्विधमजीर्णञ्च मन्दानलमरोचकम् । आध्मानं वातगुल्मञ्च शूलञ्चाशु नियच्छति ।।३२।।

31-32. Pathyādi Cūrṇam:

Ingredients: *Pathyā*, small pepper and *sauvarcala* salt.

Process of Drug-Making: Obtain *pathyā*, small pepper and *sauvrcala* salt in equal parts (i.e. 100 gm. each) and powder them.

Method of use/ Administration and Therapeutic benefits: Taking this mixture in doses of 1 gm. to 3 gm. along with curd-water (buttermilk) or warm water removes four kinds of dyspepsia, indigestion, *ādhmāna*, *vātagulma* and colic pain.

(Cakradatt)

विशिष्टद्रव्याजीर्णे विधिः (भा. प्र.)–

अलं पनसपाकाय फलं कदलसंभवम् । कदलस्य तु पाकाय बुधैरपि घृतं हितम् ।
घृतस्य परिपाकाय जम्बीरस्य रसो हितः ।।३३।।
नारिकेलफलतालबीजयोः पाचकं सपदि तण्डुलं विदुः ।
क्षीरमेव सहकारपाचनं चारमज्जनि हरीतकी हि सा ।।३४।।
मधूकमालूरनृपादनानां परूषखर्जूरकपित्थकानाम् ।
पाकाय पेयं पिचुमर्दबीजं घृतेऽपितक्रेऽपितदेवपथ्यम् ।।३५।।
खर्जूरशृङ्गाटकयोः प्रशस्तं विश्वौषधं कुत्र च भद्रमुस्तम् ।

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यज्ञाङ्गबोधिद्रुफलेषुशस्तं प्लक्षेतथा पर्युषिताम्बुपीतम् ।।३६।।
तण्डुलेषु च पयः पयस्वथो दीष्यकं तु चिपिटे कणायुतम् ।
षष्टिका दधिजलेन जीर्यते कर्कटी च सुमनेषु जीर्यति ।।३७।।
गोधूममाषहरिमन्थसतीनमुद्गपाको भवेज्झटिति मातुलपुत्रकेण ।
खर्जूरिकाबिसकसेरुसितासुशस्तः शृङ्गाटके मधुफलेष्वपि भद्रमुस्तम् ।।३९।।
कङ्गुश्यामाकनीवाराःकुलत्थाश्चाविलम्बितम् । दध्नाजलेन जीर्यन्ति वैदलः काञ्जिकेन तु ।।४०।।
पिष्टान्नं शीतलं वारि कृशरां सैन्धवं पचेत् । माषेण्डरीं निम्बुफलं पायसं मुद्गयूषकः ।।४१।।
वटो वेशवाराल्लवङ्गेन फेनः शमं पर्पटः शिग्रुबीजेन याति ।
कणामूलतो लड्डुकापूपसट्टादिपाको भवेच्छष्कुलीमण्डयोश्च ।।४२।।

33-42. For the cases of indigestion caused by consuming various eatables, there are separate curative meal-items. For example, the following chart is described:

Causes of indigestion	***Counter eatables to cure it***
Eating jackfruit	Eat bananas
Eating bananas	Drink *ghṛitam*
Taking *ghṛitam*	Take juice of the *Jambīra* lemon
Taking coconut or palm-fruit	Take boiled rice
Eating mangos	Drink milk
Eating kṣīra (*Ciraunji*)	Take *harītakī*
Eating, date, catechu, buttermilk	Take *neem*-seeds, *Madhuka*, *bilva*, *paruṣka*, and *ghṛitam*.
1. Eating date fruits and *Śṛingāṭaka*	1. Take dried ginger or *Mustaka*
2. Taking rice	2. Drink stale water
3. Drinking water	3. Take caraway seeds
4. Taking thrashed rice	4. Take caraway seeds and pepper
5. aking cucumber	5. Take wheat
6. aking wheat, *urada* pulse, gram and kidney-bean	6. Take small quantity of the seeds of *Dhattūrā*
7. Taking *Kṛiśara* (Pulse and rice mixed)	7. Consume small quantity of *mustā*

(*Bhāvaprakāśa*)

Prescriptions for Viṣūchikā or Gastroenteritis

Note - Acute vomitting and diarrhoea, thirst, burning sensation, colic pain in the abdomen, yawning, giddiness, spasm in the body, pain in the region of heart

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and hammering headache are the main signs and symptoms of gastroenteritis or *viṣūcīkā*.

विसूचिकायां चिकित्साक्रमः–

विसूचिकायां वमितं विरिक्तं सुलङ्घितं चा मनुजं विदित्वा ।
पेयाऽऽदिभिर्दीपनपाचनैश्च सम्यक् क्षुधार्त्तं समुपक्रमेत ।।४३।।

43. The patient of *viṣūcikā* should be first administered the vomiting, *virecana* (purgation) and *langhaṇa* (fasting) therapies. The aftereffects of these therapies could be countered through *peyas*, *vilepīs*, etc. that have been based on digestive and stomachic herbs.

विसूचिकाचिकित्सायां योगद्वयम् (भा. प्र.)–

जलपीतमपामार्ग-मूलं हन्याद्विसूचिकाम् । सतैलं कारवेल्यम्बु नाशयेद्धि विसूचिकाम् ।।४४।।

44. By drinking the juice of the roots of *apāmārga* along with water one can cure gastroenteritis.

(*Bhāvaprakāśa*)

Prescription for Alaska:

Acute distention of abdomen, retention of stools and gases, thirst and eructation are the main signs and symptoms of *Alasaka*.

बालमूलक्वाथः (भा. प्र.)–

बालमूलस्य तु क्वाथः पिप्पलीचूर्णसंयुतः । विसूचीनाशनः श्रेष्ठो जाठराग्निविवर्धनः ।।४५।।

45. Balāmūla Kvātha:

Ingredients: Young radish, *laghu pañcamūla* herbs and powdered *pippalī*.

Process of Drug-Making: Take decoction of young radish and *laghu pañcamūla* herbs and add 250 mg. powdered *pippalī* to it.

Method of use/ Administration and Therapeutic benefits: Drink the same to get relief from dysentery and to increases digestive power.

(*Bhāvaprakāśa*)

बिल्वादियोगद्वयम् (भा. प्र.)–

बिल्वनागरनिक्वाथो हन्याच्छर्दि विसूचिकाम् । बिल्वनागरकैटर्य्यक्वाथस्तदधिको गुणः ।।४६।।

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46. Bilvādi yogadvayam:

Ingredients: Seed pulp of *bilva* fruit and dried ginger.

Process of Drug-Making: Decoct seed pulp of *bilva* fruit and dried ginger. If one adds *kaṭphala* to this decoction, it would be more effective.

Therapeutic benefits: Drinking this decoction relieves one from dysentery and vomiting.

(*Bhāvaprakāśa*)

खल्लीशूलहरो योगः (भा. प्र.)–

कुष्ठसैन्धवयोःकल्कंचुक्रंतैलेन साधितम् । विसूच्यां मर्दनं कोष्णं खल्लीशूलनिवारणम् ।।४७।।

47. Prepare *kalka* of *kuṣṭha* (125 gm.) and rock salt (125 gm.). Add *cukra* (4 litres) and oil (1 litre) into it. Warm the *kalka* and when it is pleasantly warm, massage hands and legs of the patients with it. This gives relief from *khallī* (cramps in hands and legs) and also cures stomach pains.

(*Bhāvaprakāśa*)

व्योषादिगुडिकाऽञ्जनम्–

व्योषं करञ्जस्य फलं हरिद्रां मूलं समावाप्य च मातुलुङ्ग्याः ।
छायाविशुष्का गुडिकाः कृतास्ता हम्युविसूचीं नयनाञ्जनेन ।।४८।।

48. Obtain equal parts of dried ginger, *marica*, *pippalī*, seed pulp of *karañja* fruit, *haridrā* and root of *jambīira* lemon. Pulverize, churn and sieve these materials. Mortar the compound properly and prepare pills measuring 500 mg. each and preserve them in glass bottle after drying them under shade. Churn this pill along with water on a stone slab and apply as *añjan* on eyes. This medicine gives relief from dysentery and other disorders caused due to dysentery such as fainting, *bhram* (giddiness), *śirovedana* (headache) and the like.

(Cakradatt)

अञ्जनगुडिका–

गुडपुष्पशिखरितण्डुलगिरिकर्णिकाहरिद्राभिः।अञ्जनगुडिकाविलयतिविसूचिकांत्रिकटुसंयुक्ता।।९।।

49. Get abstract of *madhuka*, seed of *apāmārga*, root of white variety of *Viṣṇukanta* (*aprajita*) plant, *haridrā*, dried ginger, *marica* and *pippalī*. Churn these materials in equal parts. Subsequently, mortar this compound along with water

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and prepare pills out of it measuring 500 mg. each. Churn this pill along with water on a stone slab and apply it as *añjan* on eyes. This medicine provides relief from dysentery.

(Cakradatt)

त्वक्पत्राद्युद्वर्त्तनं तैलं च–

त्वक्पत्ररास्नाऽगुरुशिग्रुकुष्ठैरम्लप्रपिष्टैःसवचाशताह्वैः ।
उद्वर्त्तनं खल्लिविसूचिकाघ्नं तैलं विपक्वञ्च तदर्थकारि ।।५०।।

50. Take equal parts of cinnamon, cassia leaves, *rāsnā*, *agara*, bark of *sahajan*, *kuṣṭha*, *vacā* and aniseeds and thus raise 250 gm. of their combined mix. Mortar this mix on a stone slab with *kanji* (4 litres). Apply this medicine as an ointment on the body to get relief from cramps and dysentery.

Take 250 mg. quantity of above *kalka*, mustard oil (1 litre) and *kānji* (4 litres) in pan and cook it methodologically to obtain oil from it. This oil is also capable of providing relief from *khallī* and dysentery.

(Cakdradatt)

अलसके चिकित्सा–

वमनं त्वलसे पूर्वं लवणेनोष्णवारिणा । स्वेदो वत्तिर्लङ्घनञ्च क्रमश्चातोऽग्निवर्द्धनः ।।५१।।

51. The patient of *alasaka* should drink salt-treated warm water as long as till he or she starts vomiting. After vomiting, *svedana* (fomentation) of the abdomen with hot water bag and *langhaṇa* (fasting) are advised for the patient. These should be followed by appetizing and digestive medications.

(Cakradatt)

आनद्धोदरे प्रलेपः–

सरुक् चानद्धमुदरमम्लपिष्टैः प्रलेपयेत् । दारुहैमवतीकुष्ठशताह्वाहिङ्गुसैन्धवैः ।।५२।।

52. Prepare a *kalka* of the equal parts of *devadāru*, *vacā*, *kuṣṭha*, aniseed, asafoetida and rock salt. Ground them on stone with *kānji*. Apply the *kalka* over the stomach of patient.

(Cakradatt)

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तक्रेण युक्तं यवचूर्णमुष्णं सक्षारमर्त्ति जठरे निहन्यात् ।
स्वेदो घटैर्वाबहुबाष्पपूर्णैरुष्णैस्तथाऽन्यैरपि पाणितापैः ।।५३।।

53. Take flour of barley, *yavakṣāra* and cook them with buttermilk and *kānji*. Coat the preparation as a plaster on stomach. This would give relief from stomach ache and *śūla*. Similarly, process steam therapy and *svedana* with hot water. Also, perform *svedana* therapy with warmed up cloth, brick, plate and hands. This *svedana* therapy gives relief from stomach ache, *śūla*, hot belching and indigestion.

(Cakdradatt)

तीव्रार्त्तिरपि नाजीर्णी पिबेच्छूलघ्नमौषधम् । दोषच्छन्नोऽनलो नालं पक्तुं दोषौषधाशनम् ।।५४।।

54. If a patient is suffering from severe pain due to *śūla* and indigestion, he should not be given medicinal drugs for treating *śūla*. This is because in such cases the digestive juices are already disordered and cannot digest the drugs or any other food easily. Therefore, the drugs should not be given to such patients.

(Cakdradatt)

सैन्धवादिचूर्णम्–

सिन्धूत्थपथ्यमगधोद्भववह्निचूर्णमुष्णाम्बुनापिबति यः खलु नष्टवह्निः ।
तस्यामिषेण सघृतेन वरं नवान्नंभस्मीभवत्यशितमात्रमिह क्षणेन ।।५५।।

55. Take equal parts of rock salt, *haraḍa*, *pippalī*, and roots of *citraka* and powder them. Mixture of these powders taken in doses of 3 gm. with warm water after meals digest such heavy meals as meat, deep-fried items and rice freshly harvested or *ghṛitam*.

(Cakradatt)

सैन्धवाद्यं चूर्णम्–

सैन्धवं चित्रकं पथ्या लवङ्गं मरिचं कणा । टङ्कणं नागरं चव्यं यमानी मधुरी वचा ।।५६।।
द्रव्याणि द्वादशैतानि समभागानि चूर्णयेत् । भावयेन्निम्बुकद्रावैस्त्रिसप्ताहं प्रयत्नतः ।।५७।।
ततो माषद्वयं चूर्णं वारिणोष्णेन पाययेत् । ससैन्धवेन तक्रेण मस्तुना काञ्जिकेन वा ।।
सैन्धवाद्यमिदं चूर्णं सद्यो वह्निं प्रदीपयेत् ।।५८।।

56-58. Saindhavādyam Cūrṇam:

Ingredients: Rock salt, root of *citraka*, *pathyā* (*haraḍa*), clove, black pepper, *pippalī*, purified borax, *cavya*, caraway seeds, aniseeds, *vacā* and lemon juice.

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Process of Drug-Making: Obtain powders of 12 gm. each of rock salt, root of *citraka*, *pathyā* (*haraḍa*), clove, black pepper, *pippalī*, purified borax, *cavya*, caraway seeds, aniseeds and *vacā*. Mortar all these material and process them through *bhāvanā* method for 21 consecutive days with lemon juice. Finally, mortar the compound again and preserve it in glass bottle after drying.

Method of use/Administration: Consume this *cūrṇa* daily in measurement of 2 gm. to 3 gm. with warm water, salted buttermilk, water of top layer of curd and *kānji*.

Therapeutic benefits: This medicine is called *Saindhavādya Cūrṇa* and it immediately increases digestive power.

(Cakradatt)

हिङ्ग्वष्टकं चूर्णम्–

त्रिकटुकमजमोदा सैन्धवं जीरके द्वे समधरणधृतानामष्टमो हिङ्गुभागः ।
प्रथमकवलभुक्तं सर्पिषः चूर्णमेतज्जनयति जठराग्निं वातरोगांश्च हन्ति ।।५९।।

59. Hingvaṣṭaka Cūrṇa:

Ingredients: *Tṛikaṭu* herbs, *ajamodā*, rock salt, both the varieties of *jīraka* and *hingu*.

Process of Drug-Making: Take the *tṛikaṭu* herbs, *ajamodā*, rock salt, both the varieties of *jīraka* and *hingu* in equal quantity and powder the mix.

Method of use/Administration: 3 gm. to 5 gm. of this powder should be added with *ghṛitam* and taken as the first morsel of meals.

Therapeutic benefits: It produces digestive power and cures diseases caused by *vāta*.

(Cakradatt)

वडवामुखचूर्णम्–

पथ्यानागरकृष्णाकरञ्जबिल्वाग्निभिःसितातुल्यैः।बडवामुखंविजयतेगुरुतरमपिभोजनंचूर्णम्।।६०।।

60. Baḍvāmukha Cūrṇam:

Ingredients: *Harītakī*, dried ginger, bark of *karañja* plant's root and its seed pulp, dried pulp of unripe *bilva* fruit, root of *citraka* and sugar.

Process of Drug-Making: Take 12 gm. each of *harītakī*, dried ginger, bark of *karañja* plant's root and its seed pulp, dried pulp of unripe *bilva* fruit, root of

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citraka and sugar equal to the combined quantity of these materials i.e. 72 gm. Firstly, pulverize and compound the above-mentioned drugs (excluding sugar) and obtain a fine powder by sieving them. Mix sugar to this compound and store it.

Therapeutic benefits: This medicine is called as *Baḍvāmukha* and helps in digesting heavy food.

(*Bhāvaprakāśa*)

स्वल्पाग्निमुखचूर्णम्–

हिङ्गुभागो भवेदेको वचा च द्विगुणा भवेत् । पिप्पली त्रिगुणा प्रोक्ता शृङ्गवेरं चतुर्गुणम् ।।६१।।
यमानिका पञ्चगुणा षड्गुणा च हरीतकी । चित्रकं सप्तगुणितं कुष्ठमष्टगुणं भवेत् ।।६२।।
एतद्वातहरं चूर्णं पीतमात्रं प्रसन्नया । पिबेद्दध्ना मस्तुना वा सुरया कोष्णवारिणा ।।६३।।
सोदावर्त्तमजीर्णञ्च प्लीहानमुदरं तथा । अङ्गानि यस्य शीर्यन्ते विषं वा येन भक्षितम् ।।६४।।
अर्शोहरं दीपनञ्च शूलघ्नं गुल्मनाशनम् । कासं श्वासं निहन्त्याशु तथैव क्षयनाशनम् ।।६५।।
चूर्णमग्निमुखं नाम न क्वचित्प्रतिहन्यते ।।६६।।

61-66. Agnimukha Cūrṇa:

Ingredients: Asafoetida, *vacā*, *vacā*, *pippalī*, *śṛīnga bera*, *yavānī*, *harītakī*, *citraka* and *kuṣṭha*.

Process of Drug-Making: Obtain asafoetida (12 gm.), *vacā* (24 gm.), *vacā* (24 gm.), *pippalī* (36 gm.), *śṛīnga bera* (48 gm.), *yavānī* (60 gm.), *harītakī* (72 gm.), *citraka* (94 gm.) and *kuṣṭha* (96 gm.) and powder them together.

Method of use/Administration: This recipe should be taken along with *prasannā* (a type of alcoholic preparation) or *mastu* (butter milk) or *surā* (a type of alcoholic preparation)or hot water.

Therapeutic benefits: This powder alleviates *vāyu*. It cures *udāvarta* (upward movement of wind in the abdomen), indigestion, spleen disorders and *udara* (abdominal diseases). It is useful for persons whose limbs are getting emaciated or who have consumed poisons. It cures piles. It stimulates the power of digestion. It cures colic pain, *gulma* (phantom tumour), *kāsa* (coughs), asthma and tuberculosis. This recipe is called *Agnimukha Cūrṇa* and it seldom fails in treating various diseases.

(Cakradatt)

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बृहदग्निमुखचूर्णम्–

द्वौक्षारौचित्रकं पाठा करञ्जं लवणानि च । सूक्ष्मैला पत्रकं भार्गी क्रिमिघ्नं हिङ्गु पुष्करम् ।।६७।।
शटी दार्वी त्रिवृन्मुस्तं वचा चेन्द्रयवास्तथा । धात्रीजीरकवृक्षाम्लं श्रेयसी चोपकुञ्चिका ।।६८।।
अम्लवेतसमम्लीका यमानी सुरदारु च । अभयाऽतिविषा श्यामा हबुषाऽऽरग्वधं समम् ।।६९।।
तिलमुष्ककशिग्रूणां कोकिलाक्षपलाशयोः । क्षाराणि लौहकिट्टञ्च तप्तगोमूत्रसेचितम् ।।७०।।
समभागानि सर्वाणि श्लक्ष्णचूर्णानि कारयेत् । मातुलुङ्गरसेनैव भावयेच्च दिनत्रयम् ।।७१।।
दिनत्रयन्तु शुक्तेन आर्द्रकस्य रसेन च । अत्यग्निकारकं चूर्णं प्रदीप्ताग्निसमप्रभम् ।।७२।।
उपयुक्तं विधानेन नाशयत्यचिराद् गदान् । अजीर्णकमथो गुल्मान् प्लीहानं गुदजानि च ।।७३।।
उदराण्यन्त्रवृद्धिञ्च अष्ठीलां वातशोणितम् । प्रणुदत्युल्बणान् रोगान्नष्टमग्निं प्रदीपयेत् ।।७४।।
समस्तव्यञ्जनोपेतं भक्तं कृत्वा सुभाजने । दापयेदस्य चूर्णस्य विडालपदमात्रकम् ।।
गोदोहमात्रात्तत्सर्वं द्रवीभवति सोष्मकम् ।।७५।।

67-75. Bṛihad Agnimukha Cūrṇa:

Ingredients: Both the types of *kṣāra*, *citraka*, *pāṭhā*, both the types of *karañja*, five varieties of salt, *sūkṣmailā*, *patraka*, *bhārgī*, *kṛimighna*, *hingu*, *puṣkara mūla*, *śaṭī*, *dārvī*, *tṛivṛit*, *mustā*, *vacā*, *indrayava*, *dhātrī*, *jīraka*, *vṛikṣāmla*, *śreyasī*, *upakuncikā*, *āmla vetasa*, *amlika*, *yavānī*, *suradāru*, *abhayā*, *ativiṣā*, *havuṣā*, *āragvadha*, *kṣāras* of *tilvaka*, *muskāka*, *śigru*, *kokilākṣa*, *palāśa* and *lauha kīṭṭa* (heated and immersed in cow's urine), juice of *mātulunga*, *śukta* (of sugar cane) and the juice of *ārdraka*.

Process of Drug-Making: Gather in 12 gm. measurement each of the following: both the types of *kṣāra*, *citraka*, *pāṭhā*, both the types of *karañja*, five varieties of salt, *sūkṣmailā*, *patraka*, *bhārgī*, *kṛimighna*, *hingu*, *puṣkara mūla*, *śaṭī*, *dārvī*, *tṛivṛit*, *mustā*, *vacā*, *indrayava*, *dhātrī*, *jīraka*, *vṛikṣāmla*, *śreyasī*, *upakuncikā*, *āmla vetasa*, *amlika*, *yavānī*, *suradāru*, *abhayā*, *ativiṣā*, *havuṣā*, *āragvadha*, *kṣāras* of *tilvaka*, *muskāka*, *śigru*, *kokilākṣa*, *palāśa* and *lauha kīṭṭa* heated and immersed in cow's urine. Powder all of them together. This should be triturated for three days in each of the juice of *mātulunga*, *śukta* (of sugar cane) and the juice of *ārdraka*.

Method of use/Administration: Treat all types of food and vegetable preparations with 10 gm. (one *viḍāla padaka*) of this powder before taking meals. By this, all the foods are digested in as little time as required for milking a cow.

Therapeutic benefits: It is like fire and it stimulates the power of digestion in excess. If administered appropriately, it cures indigestion, *gulma* (phantom

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tumour), spleen disorder, piles, *udara*, *āntra vṛiddhi* (hernia), *aṣṭhīlā* (stony tumour) and *vāta śonita* (gout). It stimulates the power of digestion.

(Cakradatt)

अग्निमुखलवणं विष्टम्भे–

चित्रकं त्रिफला दन्ती त्रिवृता पुष्करं समम् । यावन्त्येतानि चूर्णानि तावन्मात्रन्तु सैन्धवम् ।।७६।।
भावयित्वा स्नुहीक्षीरैस्तत्काण्डे निक्षिपेत्ततः । मृदुपङ्केनानुलिप्तं प्रक्षिपेज्जातवेदसि ।।७७।।
सुदग्धन्तु समुद्धृत्य संचूर्ण्योष्णाम्बुना पिबेत् । एतदग्निमुखं नाम लवणं वह्निकृत्परम् ।।
यकृत्प्लीहोदरानाहगुल्मार्शःपार्श्वशूलनुत् ।।७८।।

76-78. Obtain equal quantity (12 gm. each) of powdered root of *citraka*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *dantī*, root of *niśotha*, *puṣkaramūla* and rock salt (equivalent to the combined weight of these materials i.e. 84 gm.). Mortar all these materials together and treat them through *bhāvanā* method with purified latex of *snuhī*. Make a hole in middle of a piece of the *snuhī* wood and fill this compound in this hole. Apply a layer of soft mud of one finger thickness on it. Dry it and subsequently put it in fire. When it is baked properly and it assumes the colour of fire, remove the mud. Compound the preparation along with *snuhī* and make a fine powder out of it. This medicine is to be taken in doses of 1 gm. to 2 gm. along with warm water treated with salt. It is a great appetizer. It also removes diseases like enlargement of liver, enlargement of spleen, problems related to gastro intestinal tract, *ānāha*, *gulma*, piles and *pārśavaśūla* (pleurisy).

भास्करलवणम्–

पिप्पली पिप्पलीमूल धान्यकं कृष्णजीरकम् । सैन्धवञ्च विडञ्चैव पत्रं तालीशकेशरम् ।।७९।।
एषांद्विपलिकान्भागान् पञ्च सौवर्चलस्य च । मरिचाजाजिशुण्ठीनामेकैकस्य पलं पलम् ।।८०।।
त्वगेले चार्द्धभागे च सामुद्रात् कुडवद्वयम् । दाडिमात् कुडवञ्चैव द्वे पले चाम्लवेतसात् ।।८१।।
एतच्चूर्णीकृतं श्लक्ष्णं गन्धाढ्यममृतोपमम् । लवणं भास्करं नाम भास्करेण विनिर्मितम् ।।८२।।
जगतस्तु हितार्थाय वातश्लेष्मामयापहम् । वातगुल्मं निहन्त्याशु वातशूलानि यानि च ।।८३।।
तक्रमस्तुसुरासीधुशुक्तकाञ्जिकयोजितम् । जाङ्गलानाञ्च मांसेन रसेन विविधेन च ।।८४।।
मन्दाग्नेरश्नतो नित्यं भवेदाश्वेव पावकः । अर्शांसि ग्रहणीदोषं कुष्ठामयभगन्दरान् ।।८५।।
हृद्रोगमामदोषञ्च विबन्धानुदरे स्थितान् । प्लीहानमश्मरीं चैव श्वासकासोदरक्रिमीन् ।।८६।।
विशेषतः शर्करादीन् रोगान्नानाविधांस्तथा । पाण्डुरोगांश्च विविधान्नाशयत्यशनिर्यथा ।।८७।।

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79-87. Bhāskara Lavaṇa Cūrṇa:

Ingredients: *Pippalī*, *pippalīmūla*, *dhānyaka*, *kṛiṣṇa jirakam*, rock salt, *viḍa*, *patra*, *keśara*, *sauvarcala*, *marica*, *ajājī*, *śunṭhī*, *tvak*, *elā*, *samudra lavaṇa*, *dāḍima* and *āmla vetasa*.

Process of Drug-Making: Gather 100 gm. each of *pippalī*, *pippalī mūla*, *dhānyaka*, *kṛiṣṇa jirakam* rock salt, *viḍa*, *patra* and *keśara*, 250 gm. of *sauvarcala*, 50 gm. each of *marica*, *ajājī* and *śunṭhī*, 25 gm. each of *tvak* and *elā*, 400 gm. of *samudra lavaṇa*, 200 gm. of *dāḍima* and 100 gm. of *āmla vetasa*. Compound all of them together into a fine powder.

Method of use/Administration: It can be taken by adding with *takra*, *mastu*, *surā*, *sidhu*, *śukta*, *kānjika* and the soup of the meat of various types of animals living in arid land.

Therapeutic benefits: It is called *Lavaṇa Bhāskara Cūrṇa*. This is like ambrosia. This was propounded by *Bhāskara* for the welfare of universe. It cures diseases caused by *vāyu* and *kapha*. It instantaneously cures *gulma* (phantom tumour) and colic-pain caused by *vāta*. If taken regularly, it stimulates the suppressed power of digestion. Like *asani* (thunder bolt of *Indra*), it cures piles, sprue syndrome, *kuṣṭha* (skin diseases including leprosy), fistula-in-ano, heart disease, abdominal diseases caused by *āma*, spleen disorders, urinary calculus, asthma, *kāsa* (cough), intestinal parasites, gravels in the urinary tract and different types of anemia.

(Cakradatt)

वडवानलचूर्णम् (शा. सं.)–

सैन्धवं पिप्पलीमूलं पिप्पलीचव्यचित्रकम् । शुण्ठी हरीतकी चेति क्रमवृद्धानि चूर्णयेत् ।।८८।।
वडवानलनामैतच्चूर्णं स्यादग्निदीपनम् ।।८९।।

88-89. Baḍavānala Cūrṇam:

Ingredients: Rock salt, *pippalīmūla*, pepper, *cavya*, roots of *citraka*, dried ginger and *haraḍa*.

Process of Drug-Making: Obtain the ingredients in the indicated measures : rock salt (12 gm.), *pippalīmūla* (24 gm.), pepper (36 gm.), *cavya* (48 gm.), roots of *citraka* (60 gm.), dried ginger (72 gm.) and *haraḍa* (84 gm.). Compound them together into a fine powder.

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Therapeutic benefits: This preparation is very effective medicine of the dyspepsia.

(*Śārangdhar Samhitā*)

श्रीरामबाणो रसः–

पारदामृतलवङ्गगन्धकंभागयुग्ममरिचेनमिश्रितम् ।
जातिकाफलमथार्द्धभागिकंतिन्तिडीफलरसेन मर्दितम् ।।९०।।
माषमात्रमनुपानयोगतःसद्यएवजठराग्निदीपनः।
सङ्ग्रहग्रहणिकुम्भकर्णकंसामवातखरदूषणंजयेत्।।९१।।
वह्निमान्द्यदशवक्त्रनाशनो रामबाण इति विश्रुतो रसः ।।९२।।

90-92. Śrī Rām Bāṇa Rasa:

Ingredients: Purified *pārada*, purified *vatsanābha viṣa*, salt, purified *gandhaka*, black pepper's powder, *jātīphala*'s powder, water and pulp of tamarind.

Process of Drug-Making: Obtain 12 gm. measure powder each of purified *pārada*, purified *vatsanābha viṣa*, salt and purified *gandhaka*. Also take 24 gm. measure of black pepper's powder and 6 gm. measure of *jātīphala*'s powder. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the ingredients into it. Thoroughly compound the mix and process it through mortar for three hours along with water treated with pulp of tamarind. Finally, prepare pills in doses of 1 gm. and dry them.

Method of use/Administration: Take this medicine along with powder of fried cumin seeds and honey.

Therapeutic benefits: One or two pills of this medicine serves as a great appetizer. This is very effective in treating *sangrahaṇī* (a disease that is like *Kumbhakaraṇa*, the famous brother of *Rāvaṇa*), *vāta roga* (a disease that is like *Khara* and *Dūṣaṇa*) and loss of indigestion, *agnimāndya* (a disease that is like Rāvaṇa). That is why this medicine has been named as *Śrī Ram Bāṇa Rasa*. (It may be noted that the above characters, *Kumbhakaraṇa*, *Khara* and *Dūṣaṇa* and *Rāvaṇa* are the villains of the great epic Ramayana featuring *Rāma* as hero.)

(*Rasendra Sār Sangraha*)

अग्नितुण्डी रसः–

शुद्धसूतं विषं गन्धमजमोदां फलत्रयम् । स्वर्ज्जिक्षारं यवक्षारं वह्निसैन्धवजीरकम् ।।९३।।
सौवर्चलं विडङ्गानि सामुद्रं टङ्कणं समम् । विषमुष्टिं सर्वतुल्यं जम्बीराम्लेन मर्दयेत् ।।

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मरिचाभां वटीं खादेदग्निमान्द्यप्रशान्तये ।।९४।।

93-94. Agnituṇḍī Rasa:

Ingredients: Purified *sūta*, *viṣa*, *gandham*, *ajamodā*, *triphalā* herbs, *svarjjikṣāra*, *yava kṣāra*, *vahni*, rock salt, *sauvarcalam*, *viḍanga*, *samudra*, *ṭaṇkaṇa*, *viṣa muṣṭi* and sour-juice of *jambīra*.

Process of Drug-Making: Take in the quantity of 12 gm. each the purified *sūta*, *viṣa*, *gandham*, *ajamodā*, *triphalā* herbs, *svarjjikṣāra*, *yava kṣāra*, *vahni*, rock salt, *sauvarcalam viḍanga*, *samudra* and *ṭaṇkaṇa*. To this, equal quantity (i. e. 192 gm.) of the powder of *viṣa muṣṭi* should be added. This should be triturated by adding the sour-juice of *jambīra* for three hours. Prepare pills of 125 mg. out of it.

Therapeutic benefits: Intake of one pill every day cures suppression of the power of digestion.

(*Rasendra Sār Sangraha*)

अमृतकल्पवटी–

शुद्धौ पारदगन्धौ च समानौ कज्जलीकृतौ । तयोरर्द्धं विषं शुद्धं तत्समं टङ्कणं भवेत् ।।९५।।
भृङ्गराजद्रवैर्भाव्यं त्रिदिनं यत्नतः पुनः । मुद्गप्रमाणा वटिका कर्त्तव्या भिषजां वरैः ।।९६।।
वटीद्वयं हरेच्छूलमग्निमान्द्यं सदारुणम् । अजीर्णं जरयत्याशु धातुपुष्टिं करोति च ।।९७।।
नानाव्याधिहरा चेयं वटी गुरुवचो यथा । अनुपानविशेषेण सम्यग् गुणकारी भवेत् ।।९८।।

95-98. Amṛita Kalpa Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa*'s powder, purified borax and juice of *bhṛingarāja*.

Process of Drug-Making: Take 100 gm. measure each of purified *pārada* and purified *gandhaka*. Prepare a *kajjalī* out of them. Add to the *kajjalī*, 50 gm. measure of purified *vatsanābha viṣa*'s powder and the same quantity of purified borax. Process the mix through mortar for three consecutive days along with juice of *bhṛingarāja*. Make pills measuring 125 mg. each.

Method of use/Administration: Take two pills of this medicine daily.

Therapeutic benefits: It removes diseases like colic pain (*śūla*), loss of digestion (*agnimāndya*) and dyspepsia (*ajīrna*). This is a great nutrient and provides strength to the vital fluids like blood and semen. This medicine is as

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effective as the statement of a learned teacher. Taken along with different *anupānas* the medicine has great therapeutic effect.

(*Rasendra Sār Sangraha*)

अमृतवटी–

अमृतवराटकमरिचैर्द्विपञ्चनवभागिकैःक्रमशः । वटिकामुद्गसमानाकफपित्ताग्निमान्द्यहारिणी ।।९९।।

99. Amṛita Vaṭī:

Ingredients: *Amṛita* (purified *vatsanābha*), *varāṭa* and *marica*.

Process of Drug-Making: Obtain two parts of *amṛita* (purified *vatsanābha*), five parts of *varāṭa* and nine parts of *marica*. Get them triturated together and make pills of the measure of 125 mg. each.

Therapeutic benefits: Intake of these pills cures diseases caused by polluted water. It also cures suppression of the power of digestion.

(*Rasendra Sār Sangraha*)

क्षुधासागरो रसः–

त्रिकटु त्रिफला चैव तथा लवणपञ्चकम् । क्षारत्रयं रसं गन्धं भागैकं पूर्व वद्विपम् ।।१००।।
गुञ्जामात्रांवटींकुर्याल्लवङ्गैःपञ्चभिःसह ।क्षुधासागरनामाऽयं रसः सूर्येण निर्मितः ।।१०१।।

100-101. Kṣudā Sāgara Rasa:

Ingredients: Powder of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, all five types of salt, *savarjikṣāra*, *yavakṣāra*, purified borax, purified *pārada*, purified *gandhaka*, *vatsanābha viṣa* and clove powder.

Process of Drug-Making: Take 12 gm. measure of powder each of the dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, all five types of salt, *savarjikṣāra*, *yavakṣāra*, purified borax, purified *pārada* and purified *gandhaka*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Add to the preparation 24 gm. measure of *vatsanābha viṣa* and 60 gm. measure of clove powder. Process it through mortar along with water, prepare pills measuring 125 mg. each and dry them under shadow.

Therapeutic benefits: This medicine is a great appetizer. This medicine has been propounded by the Sun God himself.

(*Vaidya Rahasyam*)

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लवङ्गादिवटी–

लवङ्गशुण्ठीमरिचानि भृष्ठसौभाग्यचूर्णानि समानि कृत्वा ।
भाव्यान्यपामार्गहुताशवारा प्रभूतमांसादिकजारणाय ।।१०२।।

102. Lavangādi Vaṭī:

Ingredients: Clove, dried ginger, *marica*, purified borax, decoction of *apāmārga* and *citraka* root.

Process of Drug-Making: Obtain 12 gm. measure powder each of clove, dried ginger, *marica* and purified borax and mortar their mix along with decoction of *apāmārga* and *citraka* root, using them separately for one day each. Dry the preparation under shade and prepare pills measuring 500 mg. each.

Therapeutic benefits: This medicine is taken to digest heavy and non-veg. meals.

(*Rasendra Sār Sangraha*)

लवङ्गादि वटी (बृहती)–

लवङ्गजातीफलधान्यकुष्ठं जीरद्वयं त्र्यूषणत्रैफलञ्च ।
एलात्वचं टङ्गवराटमुस्तं वचाऽजमोदा बिडसैन्धवञ्च ।।१०३।।
तदर्धकं पारदगन्धकाभ्रं लौहञ्च तुल्यं सुविचूर्ण्य सर्वम् ।
तन्नागवल्लीदलतोयपिष्टं वल्लप्रमाणां वटिकाञ्च कृत्वा ।।१०४।।
प्रातर्विदध्यादपिचोष्णतोयैरियंनिहन्याद् ग्रहणीविकारम् ।
आमानुबन्धं सरुजं प्रवाहं ज्वरं तथा श्लेष्मभवं सशूलम् ।।१०५।।
कुष्ठाम्लपित्तं ग्रबलं समीरं मन्दानलं कोष्ठगतं च वातम् ।
वसुप्रणीतेयमतीव शीघ्रं बृहल्लवङ्गादिवटी निहन्ति ।।१०६।।

103-106. Lavangādi Vaṭī (Major type):

Ingredients: Clove, *jātīphala*, coriander seeds, *kuṣṭha*, black and white cumin seeds, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, smaller cardamom, cinnamon bark, purified borax, *varāṭikā bhasma*, *mustā*, *vacā*, caraway seeds, *viḍa lavaṇa*, rock salt and juice of betel leaves.

Process of Drug-Making: Take 12 gm. measure each of clove, *jātīphala*, coriander seeds, *kuṣṭha*, black and white cumin seeds, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, smaller cardamom, cinnamon bark, purified borax, *varāṭikā bhasma*, *mustā*, *vacā*, caraway seeds, *viḍa lavaṇa* and rock salt. Also obtain 6 gm. measure each of purified *pārada*, purified *gandhaka* and *abhraka bhasma* and 12 gm. measure of *lauha bhasma*. First of all prepare *kajjalī*

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out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Process the mix with juice of betel leaves for three hours. Prepare pills measuring 375 mg. each and preserve them in glass bottles after drying.

Method of use/Administration: One pill should be taken along with warm water during morning hours.

Therapeutic benefits: Regular intake of the medicine would provide relief from vitiated *grahaṇī*, disorders of indigestion, fever accompanied with *śūla* and caused due to *śleṣma* disorder, *kuṣṭha* (skin diseases including leprosy), *āmlapitta*, severe *vāta* disorder, *mandāgni* (weak digestive power) and *koṣṭhagat* (deposited in the *koṣṭha*, i.e. cavities) *vāta*. This medicine has been prepared by Āchārya Vasu.

(*Rasendra Sār Sangraha*)

अजीर्णकण्टको रसः–

शुद्धसूतंविषंगन्धंसमं सर्वं विचूर्णयेत् । मरिचं सर्वतुल्यं स्यात् कण्टकार्य्याः फलद्रवैः ।।१०७।।
मर्दयेद्भावयेत् सर्वमेकविंशतिवारकम् । गुञ्जामात्रां वटीं खादेत् सर्वाजीर्णप्रशान्तये ।।
अजीर्णकण्टकः सोऽयं रसो हन्ति विसूचिकाम् ।।१०८।।

107-108. Ajīrṇakañṭaka Rasa:

Ingredients: Purified *pārada*, purified *vatsanābha viṣa*, purified *gandhaka*, black pepper, *kañṭakārī* fruit.

Process of Drug-Making: Take 12 gm. measure powder each of the purified *pārada*, purified *vatsanābha viṣa* and purified *gandhaka* and powder of black pepper equivalent to their combined weight i.e. 36 gm. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and add *vatsanābha viṣa* and black pepper to it. Pulverize this mixture and process it through *bhāvanā* method with juice or decoction of *kañṭakārī* fruit for 21 times. Mortar the compound for three hours after each of the *bhāvanā* processes. Prepare pills measuring 125 mg. each, dry and preserve them in bottles.

Method of use/Administration: One pill is to be taken daily.

Therapeutic benefits: This medicine is known as *Ajīrṇakañṭaka Rasa*. One pill should be taken daily to get relief from all types of *ajīrna* and *viṣūcīkā*.

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महोदधि (वटी)–

एकैकंविषसूतौच जातीटङ्गं द्विकं द्विकम् । कृष्णात्रयं विश्वषट्कं तथा दग्धं कपर्दकम् ।।१०९।।
देवपुष्पं बाणमितं सर्वं सम्मर्द्य यत्नतः । महोदधिवटी नाम्ना नष्टमग्निं प्रदीपयेत् ।।११०।।

109-110. Mahodadhi (Vaṭī):

Ingredients: Purified *vatsanābha viṣa*, purified *pārada*, purified borax, *jātīphala*, *pippalī*, dried ginger, *kapardaka bhasma* and powder of cloves.

Process of Drug-Making: Take the following materials: purified *vatsanābha viṣa*, purified *pārada* measuring 12 gm. each, 24 gm. measure each of purified borax and *jātīphala*, 36 gm. measure of *pippalī* and 72 gm. measure each of dried ginger and kapardak *bhasma* and powder of cloves measuring 60 gm. Process the mixtures through a mortar along with some citrus ingredient. Make pills measuring 375 mg. each out of the preparation and dry them.

Therapeutic benefits: This is *Mahādadhi Vaṭī*, the famous appetizer.

(*Rasendra Sār Sangraha*)

महोदधी वटी (बृहती)–

लवङ्गं चित्रक शुण्ठी जयपालं समं समम् । टङ्गणं च प्रदातव्यं वृद्धदारञ्च कार्षिकम् ।।१११।।
चतुर्दशभावनाश्च दन्तीद्रावैः प्रदापयेत् । लिम्पाकेन त्रिधा देया वृद्धदारेण पञ्चधा ।।११२।।
रसं गन्धं च गरलं मेलयित्वा विभावयेत् । आर्द्रकस्य रसेनैव चित्रकस्य रसेन वा ।।११३।।
मुद्गप्रमाणां वटिकां कृत्वा खादेद्दिने दिने । क्षुत्प्रबोधकरी चेयं जीर्णज्वरविनाशिनी ।।११४।।

111-114. Mahodadhi Vaṭī (Major Type):

Ingredients: Clove, *citraka*, dried ginger, purified *jātīphala*, purified borax, *vṛiddhadāraka*, decoction of *dantī*, juice of lemon, juice or decoction of *vṛiddhadāraka*, purified *vatsanābha viṣa*, juice of ginger and juice or decoction of *citraka*, purified *pārada* and purified *gandhaka*.

Process of Drug-Making: Obtain 12 gm. measure powder each of clove, *citraka*, dried ginger, purified *jātīphala*, purified borax and *vṛiddhadāraka*. Process the mix of the above through *bhāvanā* method with decoction of *dantī* for 14 consecutive times, juice of lemon for three times and with juice or decoction of *vṛiddhadāraka* for five times. Add 24 gm. measure of *kajjalī* prepared out of *pārada* and *gandhaka* and 12 gm. measure of purified *vatsanābha viṣa* to the preparation. Following this, again process the mix through juice of ginger for seven consecutive times and with juice or decoction of *citraka* also for seven

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times. Prepare pills out of the preparation of the size of kidney beans (*mudga* pulse).

Therapeutic benefits: This is a great appetizer. This medicine also removes the element of chronic fever.

(*Rasendra Sār Sangraha*)

अग्निकुमारो रसः–

रसेन्द्रगन्धौ सह टङ्गणेन समं विषं योज्यमिह त्रिभागम् ।
कपर्दशङ्खाविह नेत्र भागौ मरीचमत्राष्टगुणं प्रदेयम् ।।११५।।
सुपक्वजम्बीररसेन घृष्टः सिद्धो भवेदग्निकुमार एषः ।
विसूचिकाऽजीर्णसमीरणार्त्ते दद्याच्च गुञ्जां ग्रहणीगदेऽपि ।।११६।।

115-116. Agnikumāra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified borax, purified *vatsanābha viṣa*, *karpada bhasma*, *śankha bhasma*, powdered *marica* and juice of *jambīra* lemon.

Process of Drug-Making: Take 12 gm. measure of purified *pārada*, purified *gandhaka* and purified borax, 36 gm. measure each of purified *vatsanābha viṣa*, *karpada bhasma* and *śankha bhasma*, and 96 gm. measure of powdered *marica*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Process the mix through mortar along with juice of *jambīra* lemon. Make pills measuring 125 mg. each out of the preparation and dry them under shade.

Therapeutic benefits: This recipe is famous as *Agnikumāra Rasa*. It should be used to remove such indispositions as dysentery, indigestion and wind formation. It can also be used in cases of *grahaṇī*.

(*Rasendra Sār Sangraha*)

अग्निकुमाररसः (बृहत्)–

शुद्धसूतं द्विधा गन्धं गन्धतुल्यञ्च टङ्गणम् । फलत्रयं यवक्षारं व्योषं पञ्चपटूनि च ।।११७।।
द्वादशैतानि सर्वाणि रसतुल्यानि योजयेत् । संमर्द्य सप्तधा सर्वं भावयेदार्द्रकद्रवैः ।।११८।।
संशोष्य चूर्णयित्वा तु भक्षयेदार्द्रकाम्बुना । माषमात्रं वयो वीक्ष्य नानाऽजीर्णप्रशान्तये ।।११९।।
रसश्चाग्निकुमारोऽयं महेशेन प्रकाशितः । महाग्निकारकश्चैव तेजसा कालभास्करः ।।१२०।।
अग्निमान्द्यभवान्रोगाञ्शोथंपाण्ड्वामयंजयेत् ।दुर्नामग्रहणीसामरोगान् हन्ति न संशयः ।।१२१।।
यथेष्टाहारचेष्टस्य नास्त्यत्र नियमः क्वचित् ।।१२२।।

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117-112. Agnikumāra Rasa (Major Type):

Ingredients: Purified *pārada*, purified *gandhaka*, purified borax, *haraḍa*, *vibhītaka*, *āmalakī*, *yavakṣāra*, dried ginger, *marica*, *pippalī*, all five types of salts and juice of ginger.

Process of Drug-Making: Take 12 gm. of purified *pārada*, 24 gm. of purified *gandhaka* and purified borax, 12 gm. measure each of *haraḍa*, *vibhītaka*, *āmalakī*, *yavakṣāra*, dried ginger, *marica*, *pippalī* and all the five types of salts. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients to it. Process the mix through mortar along with juice of ginger for seven consecutive times. Make pills measuring 1 gm. each out of it and dry them under shade.

Method of use/Administration: The patient should use these pills along with juice of ginger in doses as per requirement. During the medication period, one is free to eat as per desire.

Therapeutic benefits: This medicine has been propounded by God Mahādeva. This is a great appetizer and as powerful drug as the rays of sun. It remove out the indispositions caused due to loss of digestive power, *śotha*, anemia, piles, *sangrahaṇī* and disordered *āma* (digestive juice and its by product).

(*Rasendra Sār Sangraha*)

हुताशनो रसः–

गन्धेशटङ्कणैकैकं विषमात्र त्रिभागिकम् । अष्टभागन्तु मरिचं जम्भाम्भोमर्दितं दिनम् ।।१२३।।
तद्वटीं मुद्गमानेन कृत्वाऽऽर्द्रेण प्रयोजयेत् । शूलारोचकगुल्मेषु विसूच्यामग्निमान्द्यके ।।
अजीर्णे सन्निपातादौ शैत्ये जाड्ये शिरोगदे ।।१२४।।

123-124. Hutaśāna Rasa:

Ingredients: Purified *gandhaka*, purified *iśa* (*pārada*), purified borax, purified *vatsanābha viṣa*, powder of *marica* and juice of *jambīra* lemon.

Process of Drug-Making: Obtain 12 gm. measure each of purified *gandhaka*, purified *iśa* (*pārada*) and purified borax, 36 gm. measure of purified *vatsanābha viṣa* and powder of *marica* measuring 96 gm. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients to it. Process the mix through mortar along with juice of *jambīra* lemon. Make pills measuring 65 mg. each out of it and dry them under shade.

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Method of use/Administration: It should be taken along with juice of ginger.

Therapeutic benefits: These pills are effective in cases of colic pain, anorexia, dysentery, dyspepsia, *sannipātta*, headache, loss of digestive power and feeling of coldness in body limbs.

(*Rasendra Sār Sangraha*)

हुताशनो रसः (द्वितीयः)–

एकद्विकद्वादशभागयुक्तं योज्यं विषं टङ्गणमूषणं च । हुताशनो नाम हुताशनस्य करोति वृद्धिं कफजिन्नराणाम् ।।१२५।।

125. Hutaśāna Rasa (Second Recipe):

Ingredients: Powder of *vatsanābha viṣa*, purified borax and *marica*.

Process of Drug-Making: Take 12 gm. measure powder of *vatsanābha viṣa*, purified borax measuring 24 gm. and *marica* measuring 144 gm. Compound them thoroughly and prepare a fine powder.

Method of use/Administration: Dosage: 125 mg. to 250 mg.

Therapeutic benefits: This is a famous *Hutaśāna* medicine. It is a great appetizer. It also removes diseases caused due to disordered *kapha*.

(*Rasendra Sār Sangraha*)

जातीफलादिवटी–

जातीफलं लवङ्गं च पिप्पली सिन्धुकामृतम् । शुण्ठी धुस्तूरबीजं च दरदं टङ्गणं तथा ।।१२६।।
समं सर्वं समाहृत्य जम्भाम्भसा विमर्दयेत् । वल्लमाना वटी कार्या वह्निमान्द्यप्रशान्तये ।।१२७।।

126-127. Jātīphalādi Vaṭī:

Ingredients: *Jātīphala*, clove, *pippalī*, rock salt, purified *viṣa*, dried ginger, purified *dhatūra* seeds, purified borax, purified *hiñgula* and juice of *jambīra* lemon.

Process of Drug-Making: Obtain in equal parts powders of the following: *jātīphala*, clove, *pippalī*, rock salt, purified *viṣa*, dried ginger, purified *dhatūra* seeds, purified borax and purified *hiñgula*. Compound these powders along with juice of *jambīra* lemon and prepare pills measuring 375 mg. each.

Therapeutic benefits: This medicine effectively checks the indispositions related to loss of digestive power.

(*Rasendra Sār Sangraha*)

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भास्करो रसः–

विषं सूतं फलं गन्धं त्र्यूषणं टङ्गजीरकम । एकैकं द्विगुणं लौहं शङ्खमभ्रं वराटकम् ।।१२८।।
सर्वतुल्यं लवङ्गं च जम्बीरैर्भावयेद्भिषक् । सप्तवासरपर्य्यन्तं ततः स्याद्भास्करो रसः ।।१२९।।
गुञ्जाद्वयप्रमाणेन वटीं कुर्याद्विचक्षणः । ताम्बूलदलयोगेन वटीं सञ्चर्व्य भक्षयेत् ।।१३०।।
शूलरोगेषु सर्वेषु विसूच्यामग्निमान्द्यके । सद्यो वह्निकरो ह्येष चन्द्रनाथेन भाषितः ।।१३१।।

128-131. Bhāskara Rasa:

Ingredients: Purified *vatsanābha viṣa*, purified *pārada*, *jātīphala*, purified *gandhaka*, dried ginger, *marica*, *pippalī*, purified borax, cumin seeds, *lauha*, *śankha*, *abhraka*, *varāṭaka*, powder of clove and juice of *jambīra* lemon.

Process of Drug-Making: Take 10 gm. measure each of purified *vatsanābha viṣa*, purified *pārada*, *jātīphala*, purified *gandhaka*, dried ginger, *marica*, *pippalī*, purified borax and cumin seeds, 20 gm. measure *bhasma* each of *lauha*, *śankha*, *abhraka* and *varāṭaka*. Also take powder of clove measuring combined weight of the above (i.e. 160 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Process the mix through mortar along with juice of *jambīra* lemon for seven consecutive terms. Make pills measuring 250 mg. each out of it and dry them under shade.

Method of use/Administration: This pill should be taken with betel leaves wrapped around them.

Therapeutic benefits: This is the best medicine for colic pain, dysentery and loss of digestive power. It has been propounded by the physician Chandranāth. It immediately promotes appetite.

अग्निसन्दीपनो रसः–

षडूषणं पञ्चपटु त्रिक्षारं जीरकद्वयम् । ब्रह्मदर्भोग्रगन्धा च मधुरी हिङ्गु चित्रकम् ।।१३२।।
जातीफलं तथा कुष्ठं जातीकोषं त्रिजातकम् । चिञ्चाशिखरिकक्षीरममृतं रसगन्धकौ ।।१३३।।
लौहमभ्रञ्च वङ्गञ्च लवङ्गञ्च हरीतकी । समभागानि सर्वाणि भागौ द्वावम्लवेतसात् ।।१३४।।
शङ्खस्य भागाश्चत्वारः सर्वमेकत्र भावयेत् । क्वाथेन पञ्चकोलस्य चित्रापामार्गयोस्तथा ।।१३५।।
अम्ललोणीरसेनैव प्रत्येकं भावयेत्त्रिधा । त्रिःसप्तकृत्वो लिम्पाकरसैः पश्चाद्विभावयेत् ।।१३६।।
बदराभावटी कार्या भोक्तव्या सन्ध्ययोर्द्वयोः । अनुपानं प्रदातव्यं बुद्ध्वा दोषानुसारतः ।।१३७।।
अग्निसन्दीपनो नाम रसोऽयं भुवि दुर्लभः । दीपयत्याशु मन्दाग्निमजीर्णञ्च विनाशयेत् ।।१३८।।
अम्लपित्तं तथा शूलं गुल्ममाशु व्यपोहति ।।१३९।।

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132-139. Agnisandipano Rasa:

Ingredients: *Pippalī*, *pippalīmūla*, *cavya*, *citraka* roots, dried ginger, *marica*, all five types of salt, *sarjikṣāra*, *yavakṣāra*, purified borax, black and white varieties of cumin seeds, caraway seeds, aniseeds, *ajamodā*, asafoetida (fried in *ghṛitam*), *jātīphala*, *kuṣṭha*, *jātīkoṣa*, *tṛijāta* herbs, alkalies of tamarind and *apāmārga*, purified *vatsanābha viṣa*, purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, clove, *haraḍa*, *amlavetra*, *śankha bhasma*, decoction of *pañcakola*, decoction of *citraka* roots, decoction of *apāmārga* roots, juice of *amlaloni* and juice of lemon.

Process of Drug-Making: Take 12 gm. measure powders of the each of *pippalī*, *pippalīmūla*, *cavya*, *citraka* roots, dried ginger, *marica*, all five types of salts, *savardi kṣāra*, *yavakṣāra* and purified borax, back and white varieties of cumin seeds, caraway seeds, aniseeds, *ajamodā*, asafoetida (fried in *ghṛitam*), *jātīphala*, *kuṣṭha*, *jātīkoṣa*, *tṛijaṭā*, *alkalies* of tamarind and *apāmārga*, purified *vatsanābha viṣa*, purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, clove, *haraḍa*, 24 gm. of *amlavetra* and 48 gm. of *śankha bhasma*.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Process the mix through mortar along with following juices in sequence: decoction of *pañcakola*, decoction of *citraka* roots, decoction of *apāmārga* roots and juice of *amlaloṇi*. Each of the above liquid should be process separately with the mix for three consecutive days. After that process the preparation for 21 consecutive times with the juice of lemon for eleven consecutive days. Finally, prepare pills measuring 2 gm. each out of it and dry them under shade.

Method of use/Administration: One pill of this medicine should be taken in morning and in evening.

Therapeutic benefits: This is a great appetizer. It removes away indigestion and immediately cures one from such indispositions as *āmlapitta*, colic pains and *gulma*.

त्रिफलालौहम् (र. सा. सं.)–

त्रिफलामुस्तवेल्लैश्च सितया कणया समम् । खरमंजरीबीजैश्च लौहं भस्मकनाशनम् ।।१४०।।

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140. Tṛiphalā Lauham:

Ingredients: *Tṛiphalā* herbs, *muśta*, *vāyaviḍanga*, sugar, pepper, seeds of *kharamañjarī* and *lauha bhasma*.

Process of Drug-Making: Take equal parts of the *tṛiphalā* herbs, *muśta*, *vāyaviḍanga*, sugar, pepper and seeds of *kharamañjarī*. Mix their powders into *lauha bhasma* equal in their combined weight.

Method of use/Administration: Take this medicine in doses of 500 mg.

Therapeutic benefits: This is a great medicine for indisposition called *bhasmaka* (morbid hunger).

(*Rasendra Sār Sangraha*)

प्रदीपनो (राजवल्लभः) रसः (र. सा. सं.)–

रसनिष्कं गन्धनिष्कं निष्कमात्रं प्रदीपनम् । मानमर्द्धं प्रदातव्यं चुल्लिकालवणं भिषक् ।।१४१।।
मर्दयित्वाप्रदातव्यमथास्य माषमात्रकम् । अजीर्णे चाग्निमान्द्ये च दातव्यो राजवल्लभः ।।१४२।।

141-142. Pradīpan Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *viṣa* and *cullikā lavaṇa*.

Process of Drug-Making: Take 200 gm. measure each of purified *pārada*, purified *gandhaka*, purified *viṣa* and 100 gm. measure of *cullikā lavaṇa*. Mortar these materials together. Prepare pills in measurement of 60 mg. each.

Therapeutic benefits: This medicine is very useful in cases of *ajīrna* (indigestion) and loss of digestion power.

(*Rasendra Sār Sangraha*)

विजयरसः (र. सा. सं.)–

रसस्यैकं पलं दत्त्वा नागं च गन्धकं पलम् । क्षारत्रयं पलं देयं लवङ्गं पलपञ्चकम् ।।१४३।।
दशमूलीजयाचूर्णं तद्द्रवेण तु भावयेत् । चित्रकस्य रसेनाथ भृङ्गराजरसेन तु ।।१४४।।
शिग्रुमूलद्रवैश्चापि ततो भाण्डे निरुद्ध्य च । याममात्रं पचेदग्नौ मर्दयेदार्द्रकद्रवैः ।।१४५।।
ताम्बूलीपत्रसंयुक्तं खादेन्निष्कमितं सदा ।।१४६।।
नागशब्देन विषं ग्राह्यम् ।।१४३-१४६।।

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143-146. Vijayā Rasa:

Ingredients: Purified *pārada*, purified *nāga* (*viṣa*); purified *gandhaka*, *tṛikṣāra* drugs (i. e. purified borax, *yavakṣāra*, *svarjikṣāra*), clove, *daśamūla* herbs, powder of *vijayā*, decoction of *daśamūla*, juice of *vijayā*, juice or decoction of *citraka*, juice of *bhṛingarāja*, juice of roots of *śigru* (drum stick) and juice of ginger.

Process of Drug-Making: Take 48 gm. each of purified *pārada*, purified *nāga* (*viṣa*), purified *gandhaka*, *tṛikṣāra* drugs (i. e. purified borax, *yavakṣāra*, *svarjikṣāra*), 240 gm. measure each of clove, *daśamūla* herbs and powder of *vijayā*. Combine them together and process the mix through *bhāvanā* method for seven consecutive terms using each of the following liquids: decoction of *daśamūla*, juice of *vijayā*, juice or decoction of *citraka*, juice of *bhṛingarāja* and juice of roots of *śigru* (drum stick). Following that cook the medicine and churn it with juice of ginger. Finally make pills measuring 6 gm. each. (The term *nāga* referred above should be taken to mean as *viṣa*).

Method of use/Administration: The medicine is to be taken along with juice of betel leaves and honey.

(*Rasendra Sār Sangraha*)

अग्निरसः–

मरिचाब्दवचाकुष्ठं समांशं विषमेव च । आर्द्रकस्य रसे पिष्ट्वा मुद्गमात्रञ्च कारयेत् ।।१४७।।
स्वयमग्निरसो नाम सर्वाजीर्णप्रशान्तये ।।१४८।।

147-148. Agni Rasa:

Ingredients: *Marica*, *muśta*, *vacā*, *kuṣṭha*, *vatsanābha viṣa* and ginger juice.

Process of Drug-Making: Take 46 gm. measure powder each of *marica*, *musta*, *vacā*, *kuṣṭha* and *vatsanābha viṣa*. Add to it 185 ml. measure of ginger juice and process the mix through mortar. Prepare pills of the measurement of 60 mg. each and dry them.

Method of use/Administration: One pill of the medicine is to be taken daily.

Therapeutic benefits: The medicine cures all kinds of indigestion.

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टङ्कणादिवटी–

रसटङ्कणनागरगन्धमथोगरलंमरिचंसमभागयुतम् ।लकुचस्वरसैर्मरिचप्रतिमागुडिका जनयत्यचिरादनलम् ।।१४९।।

149. Ṭaṅkaṇādi Vaṭī:

Ingredients: Detoxified *pārada*, borax (*taṅkan*), *gandhaka*, *garala* (snake poison), dried ginger, *marica* and juice of *lakūca*.

Process of Drug-Making: Take 12 gm. measure powder each of detoxified *pārada*, borax (*taṅkan*), *gandhaka*, *garala* (snake poison) and dried ginger, *marica*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients to it. Process the mix through mortar along with juice of *lakūca* for three hours. Make pills measuring 125 mg. each and store them in bottle.

Therapeutic benefits: This medicine immediately increases digestive power.

रसराक्षसः–

ताम्रंपारदगन्धकंत्रिकटुकंतीक्ष्णञ्चसौवर्चलंखल्लेमर्द्यदिनंनिधायसिकताकुम्भेचयामं ततः ।।१५०।।
स्विन्नंतेष्वपिरक्तशाकिनिभवंक्षारंसमंभावयेदेकीकृत्यचमातुलुङ्गकजलैर्नाम्नारसो राक्षसः ।।१५१।।

150-151. Rasa Rākṣaśa:

Ingredients: *Tāmra bhasma*, purified *pārada*, purified *gandhaka*, dried ginger, black pepper, *pippalī*, *tīkṣana lauha bhasma*, *suvarchala lavaṇa* and juice of *jambīra* lemon treated with alkali of red *punarnavā*.

Process of Drug-Making: Take the following materials in measurement of 12 gm. each: *tāmra bhasma*, purified *pārada*, purified *gandhaka*, dried ginger, black pepper, lesser papal, *tīkṣana lauha bhasma* and *suvarchala lavaṇa*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it after finely churning them. Mortar the mix for three hours and put the compound in *śarāva saṁpuṭa* (combination of two small plates, generally clay ones, put together in direction facing each other with the medicinal preparation kept between the plates) and cook it in *Bālukā Yañtra* (A pot that is filled with sand. The medicinal pot is placed inside it, covered by sand from all sides.) When the process is completed allow it to cool down to the atmospheric temperature. Finally remove out the ingredients from the pot and prepare a fine powder out of them. Process the powder through mortar along with juice of *jambīra* lemon treated with alkali of red *punarnavā* for three hours.

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Method of use/Administration: The medicine is to be taken in measurement of 125-375 mg.

Therapeutic benefits: It is to be used in curing indigestion.

(*Rasendra Sār Sangraha*)

पञ्चामृतवटी–

अभ्रकं पारदं ताम्रं गन्धकं मरिचानि च । समभागमिदं चूर्णं चांगेरीरसमर्दितम् ।।१५२।।
मर्दिते हि रसे भूयो जयन्तीसिन्धुवारयोः । भावनाऽपि च दातव्या गुञ्जापरिमिता वटी ।।१५३।।
तप्तोदकानुपानेन चतस्त्रस्तिस्त्र एव वा । वह्निमान्द्ये प्रदातव्या वट्यः पञ्चामृतास्तथा ।।१५४।।

152-154. Pañcāmṛita Vaṭī:

Ingredients: *Abhraka bhasma*, *pārada*, *tāmra bhasma*, *gandhaka*, *marica*, juices of *jayantī* leaves and leaves of *nirgunḍī* plant.

Process of Drug-Making: Obtain 12 gm. powder each of *abhraka bhasma*, *pārada*, *tāmra bhasma*, *gandhaka* and *marica*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it after finely churning them. Saturate the mix for three hours along with juices of *jayantī* leaves and leaves of *nirgunḍī* plant separately for seven consecutive terms. Prepare pills measuring 125 mg. each and dry them under shade.

Method of use/ Administration and Therapeutic benefits: Consume three or four pills along with warm water to get relief from *agnimāndya* (loss of digestive power).

(*Rasendra Sār Sangraha*)

ज्वालानलो रसः–

क्षारद्वयं सूतगन्धौ पञ्चकोलमिदं समम् । सर्वतुल्या जया देया तदर्धं शिग्रुवल्कलम् ।।१५५।।
एतत्सर्वं जयाशिग्रुवह्निमार्कवजै रसैः । भावयेत्त्रिदिनं घर्मे ततो लघुपुटे पचेत् ।।१५६।।
भावयेत्सप्तधा चार्द्रद्रावैर्ज्वालानलो भवेत् । पाचनो दीपनो हृद्यश्चोदरामयनाशनः ।।१५७।।

155-157. Jvālānala Rasa:

Ingredients: Two varieties of *kṣāra*, *sūta*, *gandha*, *pañca kola*, fired *japa*, root of *śigru*, juice of *japa*, *śigru*, *vahni*, *markava* and juice.

Process of Drug-Making: Take in measure of 12 gm. each the two varieties of *kṣāra*, *sūta*, *gandha* and *pañca kola*. To this, equal quantity of fired *japa* (i. e. 108 gm.) and half the quantity (i. e. 54 gm.) of the root of *śigru* should be added.

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Get the preparation triturated for three days in each of the juices of *japa*, *śigru*, *vahni* and *markava*. The preparation should be triturated with the juice of above mentioned drugs for seven times each.

Therapeutic benefits: This is called *Jvālānala*. This cures indigestion, suppression of the power of digestion, problems of gastro intestinal tract and heart.

(*Rasendra Sār Sangraha*)

भक्तविपाकवटी–

माक्षिकं रसगन्धौ च हरितालं मनःशिला । त्रिवृद्दन्तीवारिवाहं चित्रकञ्च महौषधम् ।।१५८।।
पिप्पली मरिचं पथ्यायमानीकृष्णजीरकम् । रामठं कटुका पाठा सैन्धवं साजमोदकम् ।।१५९।।
जातीफलं यवक्षारं समभागं विचूर्णयेत । आर्द्रकस्य रसेनैव निर्गुण्ड्याः स्वरसेन च ।।१६०।।
सूर्यावर्त्तरसेनैव तुलस्याः स्वरसेन च । आतपे भावयेद्वैद्यः खल्लपात्रे च निर्मले ।।
पेषयित्वा वटीं खादेद् गुञ्जाफलसमप्रभाम् ।।१६१।।
भक्तोत्तरीये बहुभोजनान्ते मुहुर्मुहुर्वाञ्छति भोजनानि ।
आमानुबन्धे च चिराग्निमान्द्ये विड्विग्रहे पित्तकफानुबन्धे ।।१६२।।
शोथोदरे चार्शसि चाप्यजीर्णे शूले त्रिदोषप्रभवे ज्वरे च ।
शस्ता वटी भक्तविपाकसंज्ञा सुखं विपाच्याशु नरस्य कोष्ठम् ।।१६३।।

158-163. Bhaktavipāka Vaṭī:

Ingredients: *Svarṇamākṣika bhasma*, purified *pārada*, purified *gandhaka*, purified *haratāla*, purified *manahśilā*, *tṛivṛit* (*niśotha*), *dantī*, roots of *mustā* and *citraka*, dried ginger, *pippalī*, black pepper, *haraḍa*, black cumin seeds, asafoetida fried in *ghṛitam*, *kaṭukī*, *pāṭala*, rock salt, caraway seeds, *jātīphala*, *yavakṣāra*, juices of ginger, leaves of *nirgunḍī* plant, *sūryāvartta*, *tulasī* and decoction of root of *nirgunḍī* plant.

Process of Drug-Making: Obtain 12 gm. measure powder each of the following: *svarṇamākṣika bhasma*, purified *pārada*, purified *gandhaka*, purified *haratāla*, purified *manahśilā*, *tṛivṛit* (*niśotha*), roots of *mustā* and *citraka*, dried ginger, *pippalī*, black pepper, *haraḍa*, black cumin seeds, asafoetida fried in *ghṛitam*, *kaṭukī*, *pāṭala*, rock salt, caraway seeds, *jātīphala* and *yavakṣāra*.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the rest of ingredients after finely churning them. Triturate the mix with juices obtained from ginger, leaves of *nirgunḍī* plant, *sūryāvartta* and *tulasī* and decoction of root of *nirgunḍī* plant under sun using each material separately for

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seven consecutive terms. Mortar the compound and prepare pills measuring 250 mg. each and dry them.

Method of use/Administration: Consume this pill after taking meals.

Therapeutic benefits: This is a very good appetizer. Even after taking full throat meal one still feels desire to have more. It can be taken in cases of indigestion, loss of digestive power, constipation and the like. The medicine can be used profitably in cases of *sannipātta* as well. One feels light in stomach after taking this medicine.

(*Rasendra Sār Sangraha*)

भक्तविपाकवटी (बृहती) (र. सा. सं.)–

अभ्रंपारदगन्धकौसदरदौताम्रंचतालं शिला वङ्गं च त्रिफला विषं च कुनटी भागास्त्रयो दन्तिनः ।
शृङ्गी व्योषयमानिचित्रजलदं द्वे जीरके टङ्गणंएलापत्रलवङ्गहिङ्गुकटुकीजातीफलं सैन्धवम् ।।१६४।।
एतान्यार्द्रकचित्रदन्तिसुरसावासारसैर्बिल्वजैःपत्रोत्थैरपि सप्तधा सुविमले खल्ले विभाव्यान्यतः ।
खादेद्वल्लमितंतथाचसकलव्याधौप्रयोज्याबुधैर्विड्बन्धेकफजेत्रिदोषजनितेह्यामानुबन्धेऽपि च ।।१६५।।
मन्देऽग्नौविषमज्वरेचसकलेशूलेत्रिदोषोद्भवेहन्यात्तानपिभक्तपाकवटिकाभूयश्च सामं जयेत् ।।१६६।।

164-166. Bhaktavipāka Vaṭī (Major Recipe):

Ingredients: *Abhraka bhasma*, purified *pārada*, purified *gandhaka*, purified *hiñgula*, purified *tāmra bhasma*, purified *haritāla bhasma*, purified *manahśilā*, purified *vanga bhasma*, powder of *triphalā* herbs, purified *viṣa*, purified *manahśilā* (Nepalese variety), *dantī*, *karkaṭa śṛingī*, dried ginger, *marica*, *pippalī*, caraway seeds, *citraka* bark roots, *mustā*, white and black cumin seeds, borax, cardamom, cassia leaves, clove, asafoetida, *kaṭukī*, *jātīphala*, rock salt, juices of ginger, *citraka*, *dantī*, *tulasī*, *aḍuṣā* and *bilva* leaves.

Process of Drug-Making: Take the following in one part each: *abhraka bhasma*, purified *pārada*, purified *gandhaka*, purified *hiñgula*, purified *tāmra bhasma*, purified *haritāla bhasma*, purified *manahśilā*, purified *vanga bhasma*, powder of *triphalā* herbs, purified *viṣa* and purified *manahśilā* (Nepalese variety). Also obtain in three parts *dantī* and get the following in two parts each: *karkaṭa śṛingī*, dried ginger, *marica*, *pippalī*, caraway seeds, *citraka* bark roots, *mustā*, white and black cumin seeds, borax, cardamom, cassia leaves, clove, asafoetida, *kaṭukī*, *jātīphala* and rock salt. Powder and combine all of the above. Process the mix through *bhāvanā* method using the juices of the following herbs: ginger,

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citraka, *dantī*, *tulasī*, *aḍuṣā* and *bilva* leaves. Prepare pills measuring 375 mg. each out of the mix.

Method of use/Administration: This medicine should be taken in doses of 62 mg.

Therapeutic benefits: It cures constipation, *kāsa* (coughs), *viṣam jvara* and colic pains. This medicine is particularly useful to treat problems related to digestion.

(*Rasendra Sār Sangraha*)

पाशुपतो रसः–

शुद्धसूतंद्विधागन्धंत्रिभागंतीक्ष्णभस्मकम् । त्रिभिः समं विषं देयं चित्रकक्वाथभावितम् ।।१६७।।
धूर्त्तबीजस्यभस्मापि द्वात्रिंशद्भागसंयुतम् । कटुत्रयं त्रिभागं स्याद् लवङ्गैला च तत्समम् ।।१६८।।
जातीफलं तथा कोषमर्द्धभागं नियोजयेत् । तथार्द्धं पञ्चलवणं स्नुह्यर्कैरण्डतिन्तिडी ।।१६९।।
अपामार्गाश्वत्थजञ्चक्षारं दद्याद् विचक्षणः । हरीतकीं यवक्षारं स्वर्जिकां हिङ्गु जीरकम् ।।१७०।।
टङ्गणञ्च सूततुल्यं चाम्लयोगेन मर्दयेत् । भोजनान्ते प्रयोक्तव्यो गुञ्जाफलप्रमाणतः ।।१७१।।
रसः पाशुपतोनामसद्यः प्रत्ययकारकः । दीपनो पाचनो हृद्यः सद्यो हन्ति विसूचिकाम् ।।१७२।।
तालमूलीरसेनैव उदरामयनाशनः । मोचरसेनातिसारं ग्रहणीं तक्रसैन्धवैः ।।१७३।।
सौवर्चलकणाशुण्ठीयुतःशूलंविनाशयेत् । अर्शोनिहन्ति तक्रेण पिप्पल्या राजयक्ष्मकम् ।।१७४।।
वातरोगं निहन्त्याशु शुण्ठीसौवर्चलान्वितः । शर्कराधान्ययोगेन पित्तरोगं निहन्त्ययम् ।।१७५।।
पिप्पलीक्षौद्रयोगेन श्लेष्मरोगञ्च तत्क्षणात् । अतः परतरो नास्ति धन्वन्तरिमतो रसः ।।१७६।।

167-176. Pāsūpata Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, purified *vatsanābha viṣa*, decoction of *citraka* roots, *bhasma* of *vijayā* seeds, powder of dried ginger, *marica*, *pippalī*, clove, smaller cardamom, *jātīphala*, *jātīkoṣa*, all five types of salt, latex of plant *snuhī*, *arka kṣāra*, *eraṇḍa kṣāra*, *tintiḍi kṣāra*, *apāmārga kṣāra*, *aśvattha kṣāra*, *haraḍa*, *yavakṣāra*, *svarjikṣāra*, asafoetida (fried in *ghṛitam*), cumin seeds, purified borax and juice or decoction of citrus herbs.

Process of Drug-Making: Obtain 12 gm. of purified *pārada*, 24 gm. of purified *gandhaka*, 36 gm. of *lauha bhasma* and 72 gm. of purified *vatsanābha viṣa*.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients after finely churning them. Mortar the mix along with decoction of *citraka* roots for seven consecutive terms. Add to the preparation 384 gm. measure of *bhasma* of *vijayā* seeds, 36 gm. measure powder of each of dried

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ginger, *marica*, *pippalī*, clove and smaller cardamom, 6 gm. powder measure of *jātīphala*, *jātīkoṣa*, all five types of salt, latex of plant *snuhī*, *arka kṣāra*, *eraṇḍa kṣāra*, *tintiḍi kṣāra*, *apāmārga kṣāra* and *aśvattha kṣāra*. Also add to it, 12 gm. measure powder of *haraḍa*, *yavakṣāra*, *svarjikṣāra*, asafoetida (fried in *ghṛitam*), cumin seeds and purified borax. Combine all the above together and process them through *bhāvanā* method for seven consecutive times using juice or decoction of citrus herbs. Finally prepare pills measuring 125 mg. each and dry them under shade.

Method of use/ Administration and Therapeutic benefits: This medicine should be taken in doses of 125 mg. after meals. It effects immediately and promotes digestive power. It is useful for heart and is capable to check dysentery. If taken with the juice of *muśalī* bulbs it removes abdominal diseases and if taken with salty buttermilk it checks *grahaṇī*. It cures colic pain if taken along with *suvarcala* salt measuring 3 gm., pepper powder measuring 250 mg. and dried ginger powder measuring 375 mg. If taken with buttermilk it checks piles and if taken with pepper powder it checks tuberculosis. If taken with ginger powder measuring 3 gm. and *suvarcala lavaṇa* measuring 3 gm., it cures *vāta* related diseases. If taken with pepper powder measuring 375 mg. and honey measuring 12 gm. it cures all kinds of *kapha* related diseases. This is one of the best medicines available in the field. It has been suggested by the devine physician Dhanavantarī. It can be used in any type of disease.

(*Rasendra Sār Sangraha*)

अजीर्णबलकालानलो रसः–

द्विपलं शुद्धसूतञ्च गन्धकञ्च समं मतम् । लौहं ताम्रं हरितालं विषं तुत्थं सवङ्गकम् ।।१७७।।
पलप्रमाणञ्च पृथग् लवङ्गं टङ्गणं तथा । दन्तीमूलं त्रिवृच्चूर्णमेकैकं पलसम्मितम् ।।१७८।।
अजमोदा यमानी च द्विक्षारलवणानि च । पृथगर्द्धपलं ग्राह्यमेकीकृत्य च भावयेत् ।।१७९।।
आर्द्रकस्य रसेनैकविंशतिः पञ्चकोलजैः । दशधा भावयेत्तोयैर्गुडूचीनां रसैर्दश ।।१८०।।
सर्वार्द्धं मरिचंदत्त्वाकाचकूप्याञ्च धारयेत् । चणमात्रां वटीं कृत्वा छायायां परिशोषयेत् ।।
रसोऽजीर्णबलकालानल एष प्रकीर्त्तितः । अनेककालनष्टाग्नेर्दीपनः परमः स्मृतः ।।१८१।।
आमवातकुलध्वंसी प्लीहपाण्डुगदापहः । प्रमेहानाहविष्टम्भसूतिकाग्रहणीहरः ।।१८२।।
श्वासकासप्रातश्याययक्ष्मक्षयविनाशनः । अम्लपित्तञ्च शूलञ्च भगन्दरगुदोद्भवौ ।।१८३।।
अष्टोदराणिप्लीहानंयकृतंहन्ति दारुणम् । आकण्ठं भोजयित्वा तु खादयेच्च रसोत्तमम् ।।१८४।।
अर्द्धयामेन तत्सर्वं भस्मीभवति निश्चितम् । चतुर्विधरसोपेतं महाभोजनमिच्छतः ।।१८५।।
भोजस्य नृपतेः काङ्क्षा भोजनात् कृपया कृतः । गहनानन्दनाथेन सर्वलोकहितैषिणा ।।१८६।।

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177-186. Ajīrnabala Kālānala Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, purified *haritāla*, purified *vatsanābha viṣa*, purified *tuthaka*, *vanga bhasma*, cloves, purified borax, *dantī* root, roots of *tṛivṛit*, *ajamodā*, caraway seeds, *savarjikṣāra*, *yavakṣāra*, all five types of salt and juice of ginger, decoction of *pañcakola*, juice of *guḍūcī* and of black pepper.

Process of Drug-Making: Take purified *pārada* and purified *gandhaka* measuring 93 gm. each and 46 gm. measure each of the *lauha bhasma*, *tāmra bhasma*, purified *haritāla*, purified *vatsanābha viṣa*, purified *tuthaka*, *vanga bhasma*, cloves, purified borax, *dantī* root and roots of *tṛivṛit*, 23 gm. measure each of *ajamodā*, caraway seeds, *savarjikṣāra* and *yavakṣāra*. Also take all five types of salt measuring 23 gm. each.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the rest of the ingredients after finely churning them. Mortar the mix along with juices obtained from ginger for 21 consecutive times, with decoction of *pañcakola* and juice of *guḍūcī* for 10 consecutive terms each and add to the preparation nine and 426 gm. (i.e. half of the combined weight of the above ingredients) of black pepper. Finally mortar the compound and prepare pills measuring 250 mg. each and dry them under shade.

Therapeutic benefits: This medicine is famous as *Ajīrnabala Kalanala Rasa*. It is a strong appetizer. It removes all kinds of *vāta roga* and checks a variety of diseases including enlargement of spleen, anemia, *prameha* (i.e. urinary disorders including diabetes), *ānāha*, constipation, *sangrahaṇī*, bronchitis, *kāsa* (coughs), tuberculosis, *āmlapitta*, colic pains, *bhagandara*, piles, enlargement of liver and such indispositions as loss of vital body fluids and ailments related to delivery.

Even after taking a full throat meal the user of the medicine feels hungry in less than two hours. So effective this medicine is in terms of promoting digestive power. This medicine has been propounded by sage Gahanānandanāth for Bhoja Rāja (i.e. for those individuals who likes to eat various types of tasty meals).

शङ्खवटी–

चिञ्चाक्षारपलंपटुव्रजपलंनिम्बूरसे कल्कितंतस्मिञ् शङ्खपलं प्रतप्तमसकृत् संस्थाप्य शीर्णावधि ।
हिङ्गुव्योषपलंरसामृतबलीन्निक्षिप्यनिष्कांशिकान्बद्ध्वाशङ्खवटीक्षयग्रहणिकारुक्पक्तिशूलादिषु।।१८७।।

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187. Śankha Vaṭī:

Ingredients: *Cincā kṣāra*, five varieties of salt, juice of *nimbu*, *śankha*, asafoetida, dried ginger, *marica* and *pippalī*, purified *pārada*, purified *viṣa* and purified *gandhaka* and juice of lemon.

Process of Drug-Making: *Cincā kṣāra* and five varieties of salt (each taken in equal parts and 46 gm. in combination) should be made to *kalka* by adding the juice of *nimbu*. 46 gm. of *śankha* should be heated and immersed in lime-juice repeatedly till it becomes fragile. This preparation should be mixed with asafoetida, *trikaṭu* herbs (dried ginger, *marica* and *pippalī*) (each taken in euqal parts and 46 gm. in combinaiton). Obtain purified *pārada* and powder of purified *viṣa* and purified *gandhaka* each measuring 3 gm. Prepare a *kajjalī* out of the *pārada* and *gandhaka* and mix into it all the above ingredients. Finally, mortar the mix together along with the juice of lemon and prepare pills measuring 250 mg. each out of it.

Therapeutic benefits: This medicine cures consumption, sprue syndrome, pain and colic-pain during digestion of food, among others.

(*Rasendra Sār Sangraha*)

शङ्खवटी (द्वितीया)–

सार्द्धकर्षं रसेन्द्रस्य गन्धकस्य तथैव च । विषं कर्षत्रयं दद्यात् सर्व तुल्यं मरीचक्वम् ।।१८८।।
दग्धशङ्खंच तत्तुल्यं पञ्चकर्षाणि नागरात् । स्वर्जिकारामठकणासिन्धुसौवर्चलं विडम् ।।१८९।।
सामुद्रमौद्भिदंचैवभावयेनिम्बुकद्रवैः।
वटी ग्रहण्यम्लपित्तशूलघ्नीवह्निदीपनी ।
वह्निमान्द्यकृतान् रोगान् सामदोषं विनाशयेत् ।।१९०।।

188-190. Śankha Vaṭī (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *viṣa*, *marica*, *śankha bhasma*, dried ginger, *savrjikṣāra*, asafoetida, pepper, all five types of salt and lemon juice.

Process of Drug-Making: Obtain purified *pārada* and purified *gandhaka* measuring 18 gm., *viṣa* measuring 36 gm., *marica* and *śankha bhasma* measuring 70 gm. each, dried ginger measuring 58 gm. and 58 gm. each of the *svarji kṣāra*, asafoetida, pepper and all five types of salt. Combine the powder of each of the above and process it through lemon juice.

Method of use/Administration: Take this medicine in doses of 250 mg.

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Therapeutic benefits: This is a great drug for such indispositions as *grahaṇī*, *āmlapitta*, colic pain and loss of indigestion. It also serves as a great appetizer.

(*Rasendra Sār Sangraha*)

शङ्खवटी (तृतीया)–

द्वौक्षारौरसगन्धकौसलवणौ व्योषञ्चतुल्यंविषं चिञ्चाशङ्खचतुर्गुणं रसवरे लिम्पाकजाते कृतम् ।
वारं वारमिदं सुपाकरचितं लौहंक्षिपेद्धिङ्गुकं भृष्टं वङ्गसमं सुमर्दितमिदं गुञ्जाप्रमाणा भवेत् ।।१९१।।
ख्याताशङ्खवटीमहाग्निजननीशूलान्तकृत्पाचनी कासश्वासविनाशिनी क्षयहरी मन्दाग्निसन्दीपनी ।
वातव्याधिमहोदरादिशमनीतृष्णामयोच्छेदनीसर्वव्याधिविनाशिनी क्रिमिहरी दुष्टामयध्वंसिनी ।।१९२।।

191-192. Śankha Vaṭī (Third Recipe):

Ingredients: *Svarjikṣāra*, *yavakṣāra*, purified *pārada*, purified *gandhaka*, rock salt, dried ginger, *marica*, *pippalī*, purified *vatsanābha viṣa*, *lauha bhasma*, asafoetida (fried in *ghṛitam*), *vanga bhasma*, *cincā kṣāra*, *śankha bhasma* and lemon juice.

Process of Drug-Making: Take 12 gm. measure each of the *svarji kṣāra*, *yavakṣāra*, purified *pārada*, purified *gandhaka*, rock salt, dried ginger, *marica*, *pippalī* and purified *vatsanābha viṣa*, 12 gm. each of *lauha bhasma*, asafoetida (fried in *ghṛitam*) and *vanga bhasma* and 48 gm. measure of *cincā kṣāra* and *śankha bhasma*.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients after finely churning them. Mortar the mix along with lemon juice and prepare pills measuring 125 mg. each and dry them.

Therapeutic benefits: This *Śankha Vaṭī* is a great appetizer. It cures all types of colic pains and digests various types of meals that are usually difficult to digest. Used along with different *anupānas*, it can cure such diseases as *kāsa* (coughs), breathing troubles, consumption, *vāta roga*, problems related to gastro intestinal tract, morbid thirst and the diseases that has been caused due to worms.

(*Rasendra Sār Sangraha*)

शङ्खवटी-महाशङ्खवटी च (चतुर्थी)–

दग्धशङ्खस्य चूर्णं हि तथा लवणपञ्चकम् । चिञ्चिकाक्षारकञ्चैवं कटुकत्रयमेव च ।।१९३।।
तथैव हिङ्गुकं ग्राह्यं विषगन्धकपारदम् । अपामार्गस्य वह्नेश्च क्वाथैर्लिम्पाकजै रसैः ।।१९४।।
भावयेत् सर्वचूर्णं तदम्लवर्गे विशेषतः । यावत्तदम्लतां याति गुडिकाऽमृतरूपिणी ।।१९५।।
सद्योवह्निकरीचैवभस्मकंचनियच्छति । भुक्त्वाऽऽकण्ठन्तुतस्यान्तेखादेच्चगुडिकामिमाम्।।१९६।।

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तत्क्षणाज्जारयत्याशु सर्वाजीर्णविनाशिनी । ज्वरं गुल्मं पाण्डुरोगंकुष्ठं शूलं प्रमेहकम् ।।१९७।।
वातरक्तं महाशोथं वातपित्तकफानपि । दुर्नामारिरयञ्चाशु दृष्टो वारसहस्रशः ।।१९८।।
निर्मूलं दह्यते शीघ्रं तूलकं वह्निना यथा । लोहवङ्गयुता सेयं महाशङ्खवटी स्मृता ।।१९९।।
प्रभाते कोष्णतोयानुपानमेव प्रशस्यते । जम्बीरबीजपूरञ्च मातुलुङ्गकचुक्रकम् ।।२००।।
चाङ्गेरी तिन्तिडी चैव बदरी करमर्दकम् । अष्ठावम्लस्य वर्गोऽयं कथितो मुनिसत्तमैः ।।२०१।।

193-201. Śankha Vaṭī (Fourth Recipe):

Ingredients: *Śankha bhasma*, all five types of salt, *cincikā kṣāra*, *tṛikaṭu* herbs, asafoetida (fried in *ghṛitam*), purified *vatsanābha viṣa*, purified *gandhaka*, purified *pārada*, juice or decoction of *apāmārga* roots, decoction of *citraka* root and lemon juice.

Process of Drug-Making: Take 12 gm. measure each of the *śankha bhasma*, all five types of salt, *cincikā kṣāra*, *tṛikaṭu* herbs, asafoetida (fried in *ghṛitam*), purified *vatsanābha viṣa*, purified *gandhaka* and purified *pārada*.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the rest of ingredients after finely churning them. Mortar the mix along with juice or decoction of *apāmārga* roots, decoction of *citraka* root and lemon juice for seven consecutive times separately. Obtain maximum types of *āmla varga* (citrus liquids) and process the mix through them so long as it becomes very soft. Prepare pills measuring 375 mg. each and dry them.

Method of use/ Administration and Therapeutic benefits: This medicine is as helpful as the ambrosia. It is a great appetizer. Even after taking full throat meals it helps one to digest quickly. It checks all kinds of indigestion. Taken along with different *anupānas*, it checks fever, *gulma*, anemia, skin diseases, colic pain, *prameha*, gout and disorders of *vāta*, *pitta* and *kapha*. Experiences suggest that this is great medicine to cure piles as well. It checks cases of piles as effectively as the fire burns a heap of cotton. If 12 gm. measure of *vanga bhasma* is added to the above preparation, this medicine develops into what is called *Mahāśankha Vaṭī*. One should take this pill in the morning along with lukewarm water. The *āmla varga* (citrus herbs) referred above include the following eight herbs: *jambīra* lemon, *mātulunga*, *cukra*, *cāngerī*, *tintiḍi*, *badarī* and *karamarda*.

(*Rasendra Sār Sangraha*)

महाशङ्खवटी–

पटुपञ्चकहिङ्गुशङ्खचिञ्चाभसितव्योषवलीश्वरामृतानि ।

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शिखिशैखरिकाम्लवर्गनिम्बूभृशभाव्यानि यथाऽम्लतां व्रजन्ति ।।२०२।।
महाशङ्खवटी ख्याता भोजनान्ते प्रकीर्त्तिता । दीपनी तरसा हन्ति महार्शोग्रहणीमुखान् ।।२०३।।

202-203. Mahāśankha Vaṭī:

Ingredients: Five types of salt, asafoetida (fried in *ghṛitam*), *śankha bhasma*, *cincā*, dried ginger, black pepper, pepper, purified sulphur, purified *pārada*, purified *vatsanābha viṣa*, juice of *citraka* roots and *apāmārga* roots.

Process of Drug-Making: Take 12 gm. each of the five types of salt, asafoetida (fried in *ghṛitam*), *śankha bhasma*, *cincā*, dried ginger, black pepper, pepper, purified sulphur, purified *pārada* and purified *vatsanābha viṣa*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it rest of the ingredients after finely churning them. Mortar the mix along with juice of *citraka* roots and *apāmārga* roots combined. Alternatively one can use the juice or decoction of the herbs of *āmla varga* (citrus herbs including *jambīra* lemon, *mātulunga*, *cukra*, *cāngerī*, *tintiḍi*, *badarī* and *karamarda*). Mortar the compound and prepare pills measuring 125 mg. each and dry them under shade.

Method of use/Administration: These pills are to be taken daily after meals.

Therapeutic benefits: It is a great appetizer. It also checks incurable piles as well as *sangrahaṇī*.

(*Rasendra Cintāmaṇi*)

महाशङ्खवटी (द्वितीया)–

कणामूलं वह्निदन्तीपारदं गन्धकं कणा । त्रिक्षारं पञ्चलवणं मरिचं नागरं विषम् ।।२०४।।
अजमोदामृताहिङ्गुक्षारं तिन्तिडिकाभवम् । सञ्चूर्ण्य समभागन्तु द्विगुणं शङ्खभस्मकम् ।।२०५।।
अम्लद्रवेण सम्भाव्य वटी गुञ्जाद्वयोन्मिता । अम्लदाडिमतोयेन लिम्पाकस्वरसेन च ।।२०६।।
भक्षयेत्प्रातरुत्थाय नाम्ना शङ्खवटी शुभा । तक्रमस्तुसुरासीधुकाञ्जिकोष्णोदकेन वा ।।२०७।।
शशैणादिरसेनैव रसेन विविधेन च । मन्दाग्निं दीपयत्याशु वाडवाग्निसमप्रभम् ।।२०८।।
अर्शांसि ग्रहणीरोग कुष्ठमेहभगन्दरम् । प्लीहानमश्मरीं श्वासकासमेहोदरक्रिमीन् ।।२०९।।
हृद्रोगंपाण्डुरोगञ्च विबन्धानुदरे स्थितान् । तान् सर्वान्नाशयत्याशु भास्करस्तिमिरं यथा ।।२१०।।

204-210. Mahāśankha Vaṭī (Second Recipe):

Ingredients: *Pippalīmūla*, *citraka* roots, *dantī* roots, purified *pārada*, purified *gandhaka*, *pippalī*, *Svarji kṣāra*, *yavakṣāra*, purified borax, all five types of salts, black pepper, dried ginger, purified *vatsanābha viṣa*, caraway seeds, *harītakī*, asafoetida (fried in *ghṛitam*), *tintiḍi kṣāra*, *śankha bhasma*, juices and decoction of citrus herbs.

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Process of Drug-Making: Take 12 gm. measure each of the following: *pippalīmūla*, *citraka* roots, *dantī* roots, purified *pārada*, purified *gandhaka*, *pippalī*, *Svarji kṣāra*, *yavakṣāra*, purified borax, all five types of salts, black pepper, dried ginger, purified *vatsanābha viṣa*, caraway seeds, *harītakī*, asafoetida (fried in *ghṛitam*) and *tintiḍi kṣāra*. Also take *śankha bhasma* measuring 24 gm.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it rest of the ingredients after finely churning them. Mortar the mix along with citrus juices and decoction of citrus herbs (For their names, please see above para 193-201). Mortar the compound and prepare pills measuring 250 mg. each and dry them under shade.

Method of use/Administration: These pills are to be taken in the morning time along with juice of pomegranate or lemon. Taking this medicine one should have a meal containing buttermilk, liquor, *kānji*, warm water, meat soup of rabbit and deer.

Therapeutic benefits: This is a great appetizer. It eliminates diseases like piles, *sangrahaṇī*, skin diseases, *prameha* (i.e. urinary disorders including diabetes), *bhagandara*, enlargement of spleen, *aśmarī*, breathing troubles, *kāsa* (coughs), problems related to gastro intestinal tract, heart diseases, anemia, constipation and worm related indispositions. The medicine is as effective in removing diseases as the sun in removing darkness.

(*Rasendra Kāmdhenu*)

वज्रक्षारः (अनुभूतः)–

स्वर्जिःसौवर्चलं ग्राह्यं प्रत्येकं शाणमानतः । यवक्षारस्य शुद्धस्य पलार्द्धं परिकल्पयेत् ।।२११।।
स्थापयित्वाऽऽयसेपात्रे स्वेदयेन्मृदुनाऽग्निना । द्रुतं तच्चालयेत्प्राज्ञः प्रास्तरे भाजने शुभे ।।२१२।।
दद्याद्रक्तिद्वयं वारिवारिदस्वरसादिभिः । अग्निमान्द्यमजीर्णं च शूलानाहोदरामयान् ।।२१३।।
अम्लपित्तंतथाऽऽध्मानंविष्टम्भंगुल्ममेव च । वज्रक्षारो निहन्त्याशु शक्रवज्रो यथा तरुम् ।।२१४।।

211-214. Vajrakṣāra:

Ingredients: *Svarji kṣāra*, *suvarcala* salt and purified *yavakṣāra*.

Process of Drug-Making: Take four *śāṇas* (equal to 12 gm.) each of the *svarji kṣāra* and *suvarcala* salt and 24 gm. measure of purified *yavakṣāra*. Cook them together in an iron pan on a slow heat. Following this, compound the preparation on a stone slab.

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Method of use/Administration: Take this medicine along with cold water or juice of *mustā*.

Therapeutic benefits: This medicine cures one from diseases of loss of gastric power, indigestion, colic pain, *ānāha*, other problems related to gastro intestinal tract, *āmlapitta*, *ādhman*, constipation and *gulma*. This medicine is as effective in checking diseases as the *vajra* of *Indra* in felling down trees.

(*Rasendra Kāmdhenu*)

क्रव्यादरसः–

पलं रसस्य द्विपलं बलेः स्याच्छुल्बायसी चार्द्धपलप्रमाणे ।
विचूर्ण्य सर्वं द्रुतमग्नियोगादेरण्डपत्रेऽत्र निवेशनीयम् ।।२१५।।
कृत्वाऽथ तां पर्पटिकां विदध्याल्लौहस्य पात्रे त्वथ पूतमस्मिन् ।
जम्बीरजं पक्वरसं पलानांशतं नियोज्याग्निमथाल्पमात्रम् ।।२१६।।
जीर्णे रसे भावितमेतदेतैः सुपञ्चकोलोद्भववारिपूरैः ।
सवेतसाम्लैः शतमत्र देयंसमं रजष्टङ्गणजं सुभृष्टम् ।।२१७।।
बिडं तदर्द्धं मरिचं समञ्च तत्सप्तधाऽऽर्द्रं चणकाम्बुवारि ।
क्रव्यादनामा भवति प्रसिद्धोरसस्तु मन्थानकभैरवोक्तः ।।२१८।।
माषद्वयं सैन्धवतक्रपीतमेतत्सुधन्यं खलु भोजनान्ते ।
गुरूणि मांसानि पयांसि पिष्टंघृतानि सेव्यानि फलानि चैव ।।
मात्राऽतिरिक्तान्यपि सेवितानियामद्वयाज्जारयति प्रसिद्धः ।।२१९।।
कार्श्यस्थौल्यनिबर्हणोगरहरःसामातिनिर्णाशनोगुल्मप्लीहजलोदरादिशमनःशूलार्त्तिमूलापहः ।
वातश्लेष्मनिबर्हणोग्रहणिकाऽतीसारविध्वंसनोवातग्रन्थिमहोदरापहरणःक्रव्यादनामारसः ।।२२०।।

215-220. Kravyada Rasa:

Ingredients: Purified *Rasa* (*pārada*), *bali* (*gandhaka*) *bhasma*, *tāmrabhasma*, *ayas bhasma*, juice of *jambīra*, *pañcakola*, *amlavetra*, baked and powdered borax, *viḍa* salt, powder of black pepper, pepper and *canakāmalā* (alkali prepared with the gram nuts).

Process of Drug-Making: Get purified *Rasa* (*pārada*) (46 gm.), *bali* (*gandhaka*) *bhasma* (93 gm.), *tāmra bhasma* (23 gm.) and *ayasbhasma* (23 gm.). Prepare a *kajjalī* out of the *pārada bhasma* and *gandhaka bhasma* and mix into it the rest of the two. Melt the preparation on fire. After melting, it should be poured over the leaf of *eraṇḍa* and made to a *parpaṭī* (medicinal flakes). This should be triturated and added with 4670 ml. of the juice of *jambīra* lemon. When the juice of lemon is eliminated by heat add to the preparation decoctions of the *pañcakola*

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and *āmlavetra* each measuring 2335 ml. Then, the recipe should be placed in an iron mortar. Add to it 186 gm. measure of the baked and powdered borax, *viḍa* salt measuring 93 gm. and 186 gm. of the powder of black pepper. Get the preparation triturated with *canakāmalā* (alkali prepared with the gram nuts). Prepare pills measuring 250 mg. each and dry them.

Method of use/Administration: 250 mg. of this recipe should be taken along with rock salt and butter-milk after meals. By this, even items like meat, milk-preparations, pastries, etc. even if taken in excess quantity, get digested within six hours.

Therapeutic benefits: This is called *Kravyāda Rasa*, propounded by Manthana Bhairava. By taking this recipe gradually, it cures indigestion and stimulates the power of digestion immediately. It cures emaciation, adiposity. poisoning, diseases caused by *āma*, *gulma* (phantom tumour), spleen disorder, *jalodara* (ascites), colic pain, diseases caused by *vāta* and *kapha*, sprue syndrome, diarrhoea, problems caused by *vāta* and severe abdominal diseases.

(*Rasendra Kāmdhenu*)

विश्वोद्दीपकाभ्रम्–

अभ्रं निर्म्मलमारितं पलमितं चूर्णीकृतं यत्नतश्चव्यं चित्रकमिन्द्रसूरकनकं मालूरपत्रार्द्रकम् ।
मूलंपिप्पलिसम्भवंमधुरिकानीपोऽर्कमूलंपृथक्चैषांसत्त्वपलैर्विमर्दितमिदंकर्षंक्षिपेट्टङ्गणम् ।।२२१।।
गुञ्जासम्मितमेतदेव वलितं तत्पारिभद्रद्रवैर्मन्दाग्निं चिरजातगुल्मनिचयं शूलाम्लपित्तं ज्वरम् ।
छर्दिदुष्टमसूरिकामलसकंश्वासञ्चकासंतृषांप्लीहानंयकृतंक्षयं स्वरहतिं कुष्ठं महारोचकम् ।।२२२।।
दाहं मोहमशेषदोषजनितं कृच्छ्रं सुदुर्नामकञ्चामं वातविमिश्रितं नयनजं रोगं समुन्मूलयेत् ।
विश्वोद्दीपकनामरोगहरणेप्रोक्तंपुरा शम्भुना सर्वेषां हितकारकं गदवतां सर्वामयध्वंसनम् ।।२२३।।
पाषाणंयदिभक्षितंतदपितंकुर्य्यात्सुजीर्णंपुनर्बल्यं वृष्यतरं रसायनवरं मेधाकरं कान्तिदम् ।।२२४।।

221-224. Viśvoddīpka Abhram:

Ingredients: *Abhraka bhasma*, juices of *cavya*, *citraka* roots, *nirgunḍī* (*indrasūra*) leaves, *dhattūrā* roots, *bilva* leaves, ginger, *pippalīmūla*, aniseed, *kadamb*, *arka* roots and purified borax.

Process of Drug-Making: Take 50 gm. of *abhraka bhasma* that has been properly purified. Process it through *bhāvanā* method using the juice of the following each in measurement of 50 ml.: *cavya*, *citraka* roots, *nirgunḍī* leaves, *dhattūrā* roots, *bilva* leaves, ginger, *pippalīmūla*, aniseed, *kadamba* and *arka*

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roots. Add to the preparation 12 gm. measure of purified borax and churn it thoroughly. Prepare pills measuring 125 mg. each.

Method of use/Administration: One should take this pill along with juice of *pāribhadra* measuring 24 gm.

Therapeutic benefits: This pill is a great medicine for such indispositions as loss of digestive power, colic pain, fever, vomiting, small pox, indigestion, breathing troubles, morbid thirst, enlargement of spleen and liver, consumption, skin diseases, anorexia, burning sensation, fainting, piles, *vāta roga* and disturbance of *āma* (digestive juices). This medicine has been propounded by God Mahādeva for the benefit of mankind. This is a great medicine for all kinds of diseases. This is a great appetizer and one can stomach even pieces of stone with the help of this medicine. It promotes stamina as well as aphrodisiac power. This is a great *rasāyaṇa* for developing intellect and beauty of the body.

(*Rasendra Kāmdhenu*)

वीरभद्राभ्रकः–

अभ्रकं पुटसहस्रमारितं कर्षयुग्ममतिनिर्मलीकृतम् ।
वासराणि नवतिं विमर्दितं चित्रकस्वरससाधुसिक्तकम् ।।२२५।।
शृङ्गबेररसमर्दिता वटी कारिता सकलरोगनाशिनी ।
भक्षिता भुजगवल्लिपत्रकैः शृङ्गबेरशकलेन वा पुनः ।।२२६।।
वह्निमान्द्यमभिनाश्य सत्वरं कारयेत्प्रखरपावकोत्करम् ।
श्वासकासवमिशोथकामलाप्लीहगुल्मजठरारुचिभ्रमान् ।।२२७।।
रक्तपित्तयकृदम्लपित्तकं शूलकोष्ठजगदान् विसूचिकाम् ।
आमवातबहुवातशोणितं दाहशीतबलह्रासकार्श्यकम् ।।२२८।।
विद्रधिज्वरगरं शिरोगदं नेत्ररोगमखिलं हलीमकम् ।
हन्ति वृष्यतममेतदभ्रकं वीरभद्रमतिबल्यमुत्तमम् ।।
भक्षितं विविधभक्ष्यमागलं काष्ठसङ्गमपि भस्मतां नयेत् ।।२२९।।

225-229. Vīrbhadra Abhraka:

Ingredients: *Abhraka bhasma*, juice or decoction of *citraka* roots and ginger juice.

Process of Drug-Making: Take *abhraka bhasma* that has been properly purified in measurement of 23 gm. Process it through *bhāvanā* method using the juice or decoction of *citraka* roots for 90 (ninety) consecutive days. Following

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this, triturate the preparation along with ginger juice and prepare pills measuring 125 mg. each. Dry the pills under shade.

Method of use/Administration: One should take them along with juice of betel leaves or by wrapping the pill with these leaves.

Therapeutic benefits: This pill is a great medicine for such indispositions as loss of digestive power, colic pain, fever, vomiting, small pox, indigestion, breathing troubles, morbid thirst, enlargement of spleen and liver, consumption, *śotha*, jaundice, *gulma*, skin diseases, anorexia, giddiness, dysentery, burning sensation, fainting, piles, *vāta roga*, gout, burning sensation, *vidradhi* and ailment caused due to poisoning. This is a great medicine for all kinds of diseases. This is a great appetizer and one can stomach even pieces of wood and large quantity of eatables with the help of this medicine within no time.

विसूचीविध्वंसो रसः–

टङ्गणं माक्षिकं शुण्ठीं पारदं गन्धकं विषम् । गरलं समभागेन सर्वेषां हिङ्गुलं समम् ।।२३०।।
मर्दयेज्जम्बीरद्रवैर्वटी कार्या प्रयत्नतः । श्वेतसर्षपतुल्या च मृतसञ्जीवनी तथा ।।२३१।।
विसूचीं नाशयत्याशु दध्यन्नं पथ्यमाचरेत् । त्रिदोषोत्थमतीसारं सर्वोपद्रवसंयुतम् ।।२३२।।

230-232. Viṣūcī Vidhavanśa Rasa:

Ingredients: Purified borax, *svarṇamākṣika bhasma*, powder of dried ginger, purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa*, purified *kṛiṣṇasarpa viṣa*, purified *hiñgula* and juice of *jambira* juice.

Process of Drug-Making: Take the following materials in measurement of 12 gm. each: purified borax, *svarṇamākṣika bhasma*, powder of dried ginger, purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa* and purified *kṛiṣṇa*sarpa *viṣa*. Also take purified *hiñgula* equal to the quantity of all the above materials i.e. 84 gm.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Triturate the mix along with juice of *jambira* juice for one day. Prepare pills similar to the size of white mustard seeds. Dry and preserve them in bottles.

Method of use/ Administration and Therapeutic benefits: Consume one pill of the medicine with the *Mṛitasanjīvanī Surā* to get immediate relief from dysentery. If the patient feels hungery, he should be served with rice and curd. This pill is capable of curing diseases caused due to *sannipātta*.

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बड़वानलो रसः (र. सा. सं.)–

शुद्धसूतस्य कर्षैकं तत्समं गन्धकं मतम् । पिप्पली पञ्चलवणं मरिचञ्च फलत्रयम् ।।२३३।।
क्षारत्रयं समं सर्वं चूर्णं कृत्वा प्रयत्नतः । तिर्गुण्ड्याश्च द्रवेणैव भावयेद्दिनमेकतः ।।
बडवानलनामायं मन्दाग्निञ्च विनाशयेत् ।।२३४।।

233-234. Baḍavānala Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *pippalī*, all five types of salt, black pepper, *triphalā* herbs, *svarjikṣāra*, *yavakṣāra*, purified borax and juice of *nirgundī* leaves or decoction of its roots.

Process of Drug-Making: Take 12 gm. measure powders each of purified *pārada*, purified *gandhaka*, *pippalī*, all five types of salt, black pepper, *triphalā* herbs, *savarjikṣāra*, *yavakṣāra* and purified borax.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Mortar the mix along with juice of *nirgundī* leaves or decoction of its roots for one full day. Dry the preparation under shade and preserve it in a glass container. Prepare pills measuring 250 mg. each.

Therapeutic benefits: This is a strong appetizer.

(*Rasendra Sār Sangraha*)

अजीर्णारिरसः (यो. र.)–

शुद्धं सूतं गन्धकं चपलमानं पृथक् पृथक् । हरीतकी च द्विपला नागरं त्रिपलं स्मृतम् ।।२३५।।
कृष्णा चमरिचं तद्वत् सिन्धूत्थं त्रिपलं पृथक् । चतुष्पला च विजया मर्दयेन्निम्बुकद्रवैः ।।२३६।।
भावनं सप्तधा कार्यं घर्ममध्ये पुनः पुनः । अजीर्णारिरयं प्रोक्तः सद्यो दीपनपावनः ।।२३७।।
भक्षयेद् द्विगुणं भक्ष्यं पाचयेद्रेचयेदपि ।।२३८।।

235-238. Ajīrṇāri Rasa:

Ingredients: Purified *sūta*, *gandhaka*, *harītakī*, *nāgara*, *pippalī*, black pepper, rock salt, *vijayā* and juice of *nimbuka*.

Process of Drug-Making: Gather purified *sūta* (46 gm.), *gandhaka* (46 gm.), *harītakī* (93 gm.), 140 gm. each of the *nāgara*, *pippalī*, black pepper and rock salt and *vijayā* measuring 187 gm. Prepare *kajjalī* out of the *pārada* and *gandhaka* and add to it the rest of materials. Prepare a fine powder of the compound and triturate it with the juice of *nimbuka* for seven consecutive turns. This should be done while exposing the preparation to the sun-rays. Preparing pills measuring 250 mg. each.

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Therapeutic benefits: This is called *Ajīrṇāri Rasa*. It instantaneously stimulates the power of digestion and serves as a purgative. By taking this drug, one can consume double the quantity of food.

(*Rasendra Kāmdhenu*)

आदित्यरसः (यो. र.)–

दरदञ्च विषं गन्धं त्रिकटु त्रिफला समम् । जातीफलं लवङ्गञ्च लवणानि च पञ्च वै ।।२३९।।
सर्वमेतत्कृतं चूर्णमम्लयोगेन सप्तधा । भावयित्वा वटी कार्या गुञ्जाऽर्द्धप्रमिता बुधैः ।।
रस आदित्यसंज्ञोऽयमजीर्णक्षयकारकः । भुक्तमात्रं पाचयति जठरानलदीपनः ।।२४०।।

239-240. Ādi tya Rasa:

Ingredients: Purified *hiñgula*, purified *vatsanābha viṣa*, purified *gandhaka*, dried ginger, *marica*, *pippalī*, *tṛiphalā* herbs, *jātīphala*, clove, all five types of salts and juices or decoction of citrus herbs (*jambīra* lemon, *mātulunga*, *cukra*, *cāngerī*, *tintiḍi*, *badarī* and *karamarda*).

Process of Drug-Making: Take in equal parts purified *hiñgula*, purified *vatsanābha viṣa*, purified *gandhaka*, dried ginger, *marica*, *pippalī*, *tṛiphalā* herbs, *jātīphala*, clove and all five types of salts.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the rest of ingredients. Process the mix through *bhāvanā* method using juices or decoction of citrus herbs (*jambīra* lemon, *mātulunga*, *cukra*, *cāngerī*, *tintiḍi*, *badarī* and *karamarda*) for seven consecutive turns. triturate the compound and prepare pills measuring 62 mg. each and dry them under shade.

Therapeutic benefits: This medicine is very effective in checking indigestion. It helps one digest meals very easily.

(*Rasendra Kāmdhenu*)

गन्धकवटी (र. यो. सा)–

रसार्द्धं गन्धकं शुद्धंशुण्ठीचूर्णं च तत्समम् । लवङ्गं मरिचं चापि प्रत्येकं तु पलं भवेत् ।।२४१।।
सैन्धवं त्रिपलं ग्राह्यं त्रिपलं च सुवर्चलम् । चणकाम्लं पलद्वन्द्वं क्षारं मूलकजं तथा ।।२४२।।
मर्दयेन्निम्बुकद्रावैर्यामान् सप्त खरांशुभिः । बदरप्रमाणमात्रा सर्वाजीर्णप्रणाशिनी ।।२४३।।
चणकस्याम्लकाभावे चुक्रं देयं मनीषिभिः ।।२४४।।

241-244. Gandhaka Vaṭī:

Ingredients: *Pārada*, purified *gandhaka*, dried ginger powder, clove, *marica* powders, rock salt, *suvarchala* salt, alkalis of *canaka* (gram), *cukra* and *muli* (radish).

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Process of Drug-Making: Obtain *pārada* measuring 48 gm., purified *gandhaka* and dried ginger powder measuring 24 gm. each, clove and *marica* powders measuring 48 gm. each, rock salt and *suvarchala* salt measuring 144 gm. each. Process their mixture through mortar along with 384 ml. measure of the alkalis of *canaka* (gram), *cukra* and *muli* (radish). This process should continue for seven consecutive days under the hot sun. On eighth day one should prepare pills out of the preparation in shape of *badarī* fruits (berry).

Method of use/ Administration and Therapeutic benefits: Using one pill daily cures all kinds of indigestions.

(*Ra. Yo. Sa.*)

लवङ्गाद्यं मोदकम्–

लवङ्गं पिप्पली शुण्ठी मरिचं जीरकद्वयम् । केशरं तगरञ्चैव एला जातीफलं तुगा ।।२४५।।
कट्फलं तेजपत्रञ्च पद्मबीजं सचन्दनम् । कक्कोलमगुरुश्चैव उशीरमभ्रकं तथा ।।२४६।।
कर्पूरं जातिकोषञ्च मुस्तं मांसी यवस्तथा । धान्यकं शतपुष्पा च लवङ्गं सर्वतुल्यकम् ।।२४७।।
सर्वचूर्णद्विगुणितां शर्करां विनियोजयेत् । सर्वरोगं निहन्त्याशु अम्लपित्तं सुदारुणम् ।।२४८।।
अग्निमान्द्यमजीर्णञ्च कामलापाण्डुरोगनुत् । बलपुष्टिकरञ्चैव विशेषात् शुक्रवर्द्धनम् ।।२४९।।
ग्रहणीं सर्वरूपाञ्च अतीसारं सुदुर्जयम । अश्विभ्यां निर्मितं हन्ति लवङ्गाद्यमिदं शुभम् ।।२५०।।

245-250. Lavangādya Modakam:

Ingredients: Clove, *pippalī*, dried ginger, *marica*, black and white varieties of cumin seeds, *nāgakeśara*, *tagara*, smaller cardamom, *jātīphala*, *vanśalocana*, *kaṭphala*, cassia leaves, seed pulp of *kamala*, red or white varieties of sandalwood, *kakkola*, *agara*, *uśīra*, *abhraka bhasma*, camphor, *jātīkoṣa*, *mustā*, *mānsī*, *indrayava*, coriander seeds, aniseeds, powder of clove and jaggery or sugar.

Process of Drug-Making: Take the following in equal parts (i.e. 50 gm.): clove, *pippalī*, dried ginger, *marica*, black and white varieties of cumin seeds, *nāgakeśara*, *tagara*, smaller cardamom, *jātīphala*, *vanśalocana*, *kaṭaphala*, cassia leaves, seed pulp of *kamala*, red or white varieties of sandalwood, *kakkola*, *agara*, *uśīra*, *abhraka bhasma*, camphor, *jātīkoṣa*, *mustā*, *mānsī*, *indrayava*, coriander seeds and aniseeds. Obtain powder of clove (extra) equaling combined measure of all the above ingredients (i.e. 1300 gm.). Compound them thoroughly and triturate it along with jaggery or sugar taken in quantity twice the combined weight of the above materials (i.e. 2600 gm.). Prepare ball shaped lump (*modaka*) measuring 12 gm. each out of the preparation.

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Therapeutic benefits: Taken along with different *anupānas* this medicinal *modaka* can treat all kinds of diseases particularly the *āmlapitta*, indigestion, anemia and jaundice. This is great appetizer and nutrient. It can also check *sangrahaṇī* as well as diarrhoea. This medicine has been propounded by the celestial physician twins the Aśvinī Kumāras.

सुकुमारमोदकं वाताजीर्णे–

पिप्पली पिप्पलीमूलं नागरं मरिचं शिवा । धात्री चित्रकमभ्रञ्च गुडूची कटुरोहिणी ।।२५१।।
प्रत्येकमेषां कर्षांशं चूर्णं दन्त्यास्त्रिकाषिकम् । द्विपलं त्रिवृताचूर्णं शर्करायाः पलत्रयम् ।।२५२।।
मधुना मोदकं कार्यं सुकुमारकसंज्ञकम् । वाताजीर्णप्रशमनं विष्टम्भे परमौषधम् ।।२५३।।
उदावर्त्तानाहहरं सर्वाजीर्णविनाशनम् ।।२५४।।

251-254. Sukumāra Modakam:

Ingredients: Powder of *pippalī*, *pippalīmūla*, dried ginger, *marica*, *haraḍa*, *āmalakī*, *citraka* roots, *abhraka bhasma*, *guḍūcī*, *kaṭukī*, *dantī* roots, *tṛivṛit* root powder, sugar and honey.

Process of Drug-Making: Take 12 gm. measure powder of the each of *pippalī*, *pippalīmūla*, dried ginger, *marica*, *haraḍa*, *āmalakī*, *citraka* roots, *abhraka bhasma*, *guḍūcī* and *kaṭukī*, 35 gm. measure of *dantī* roots, 93 gm. measure of *tṛivṛit* root powder and sugar measuring 140 gm. Combine them together and process them through mortar adding honey (250 ml.). Prepare ball shaped lumps out of it.

Therapeutic benefits: This medicine removes indigestion and is a great drug for constipation. It is also helpful in indispositions of *udavrata* and *ānāha*.

त्रिवृदादिमोदकम् (विष्टम्भे)–

त्रिवृद्दन्ती कणामूलं कणा वह्निः पलं पलम् । सर्वतुल्याऽमृता शुण्ठी गुडेन सह मोदकम् ।।
कर्षैकं भक्षयेन्नित्यं दीप्ताग्निं कुरुते क्षणात् ।।२५५।।

255. Tṛivṛidādi Modakam:

Ingredients: *Tṛivṛit* roots, *dantī* roots, *pippalīmūla*, *pippalī*, *citraka* roots, *amṛitā* or *haraḍa*, dried ginger and old jaggery.

Process of Drug-Making: Obtain 50 gm. measure each of the *tṛivṛit* roots, *dantī* roots, *pippalīmūla*, *pippalī* and *citraka* roots. Obtain 250 gm. measure of the powder of *amṛitā* or powder of *haraḍa* along with powder of dried ginger, also

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measuring 250 gm. Add old jaggery to their mix measuring double the combined quantity of above materials (i.e. 1500 gm.).

Method of use/ Administration and Therapeutic benefits: Taking this medicine in doses of 12 gm. helps promote digestion.

हरीतकीप्रयोगः (वाताजीर्णे)–

हरीतक्याःशतंग्राह्यंतक्रैःस्विन्नञ्चकारयेत् । यत्नाद् बीजं समुद्धृत्य चूर्णानीमानि पूरयेत् ।।२५६।।
षडूषणं पञ्चपटु यमानीद्वयमेव च । त्रिक्षारं हिङ्गु दिव्यञ्च कर्षद्वयमितं पृथक् ।।२५७।।
श्लक्ष्णचूर्णीकृतं सर्वंचुक्राम्लेनापि भावयेत् । लिम्पाकस्वरसेनापि भावयेच्च दिनत्रयम् ।।२५८।।
भक्षयेदभयामेकां सर्वाजीर्णविनाशिनीम् । चतुर्विधमजीर्णञ्च वह्निमान्द्यं बिसूचिकाम् ।।
गुल्मं शूलादिरोगांश्च नाशयेदविकल्पतः ।।२५९।।

256-259. Harītakī Prayoga

Organize 100 pieces of *harītakī* fruits and roast them in a metal or earthen pot for three hours. After that remove out the rhizomes and keep them in a large size pan containing buttermilk (5 litres) and cook them. Subsequently remove out their seeds. Mix the powder of *pippalī*, *cavya*, *citraka* roots, dried ginger and black pepper, all five types of salt, caraway seeds, *ajamodā* and *tṛikṣāra* (*Svarji kṣāra*, *yavakṣāra* and purified borax), asafoetida (fried in *ghṛitam*) and clove each measuring 23 gm. Process the mix for three consecutive days through *bhāvanā* methods using alkali of *cukra*. Repeat the *bhāvanā* method for another three days using lemon juice. Store the preparation in a safe container. Fillup the seedless fruit of *harītakī* above through processed mix. Take one piece of *haraḍa* containing the mix every day to get cure from indigestion. This medicated piece of *haraḍa* is a great cure for four types of indigestion, dysentery, colic pain, loss of digestive powers and *gulma*. The four types of indigestion include the symptoms of general indigestion (*āma*), indigestion accompanied by belching with sound (*vidhagdha*), indigestion accompanied by constipation (*viṣṭabdha*) and the indigestion accompanied with loose motion (*Rasa-śeṣa*):

अमृता हरीतकी (यो. र.)–

तक्रे समुत्स्वेद्य शिवाशतानि तद्बीजमुद्धृत्य च कौशलेन ।
षडूषणं पञ्च पटूनि हिङ्गुक्षारावजाजीमजमोदकं च ।।२६०।।
षडूषणादेस्त्रिवृदर्द्धभागा गणस्य देयाऽम्बरगालितस्य ।
विभाव्य चुक्रेण रजांस्यमीषांक्षिपेच्छिवाबीजनिवासगर्भे ।।२६१।।
समूह्य घर्मे च विशोष्य तासांहरीतकीमन्यतमां निषेवेत् ।।२६२।।

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अजीर्णमन्दानलजाठरामयान्सगुल्मशूलग्रहणीगुदाङ्कुरान् ।
विबन्धमानाहरुजंजयत्यसौ तथाऽऽमवाताँस्त्वमृता हरीतकी ।।२६२।।

260-263. Amṛitā Harītakī:

Ingredients: 100 pieces of *harītakī* fruits, *pippalī*, *cavya*, *citraka* roots, cumin seeds, dried ginger, black pepper, all five types of salt, *ajamodā*, *yavakṣāra*, purified borax, asafoetida (fried in *ghṛitam*) and *niśotha*.

Process of Drug-Making: Get 100 pieces of *harītakī* rhizomes and roast them in a metal or earthen pot till they get softened. After that remove out the rhizomes and keep them in a large sized stone mortar taking out their seeds. Add to them powder of *pippalī*, *cavya*, *citraka* roots, cumin seeds, dried ginger and black pepper, all five types of salt, *ajamodā*, *yavakṣāra*, purified borax and asafoetida (fried in *ghṛitam*) each measuring one part. Also take *niśotha* measuring half of the combine weight of the above materials. Prepare a fine powder of each of them and combine them. Sieve the powder through a piece of fine cotton. Fill the powder inside the rhizomes of *harītakī* (in place of their seeds). Dry the rhizomes in sun.

Method of use/Administration: One should take two fruits of the *harītakī* every day.

Therapeutic benefits: It cures indigestion, loss of appetite, problems related to gastro intestinal tract, colic pain, piles, belching, *vāta roga*, *grahaṇī* and *gulma*.

(*Yoga Ratnākar*)

शार्दूलकाञ्जिकम्–

पिप्पलीं शृङ्गवरेञ्च देवदारु सचित्रकम् । चविकां बिल्बपेशीञ्च अजमोदां हरीतकीम् ।।२६४।।
महौषधं यमानीञ्च धान्यकं मरिचं तथा । जीरकञ्चाप्यथो हिङ्गुकाञ्जिकं साधयेद्भिषक् ।।२६५।।
एष शार्दूलको नाम काञ्जिकोऽग्निबलप्रदः । सिद्धार्थतैलसम्भृष्टो दशरोगान् व्यपोहति ।।२६६।।
कासं श्वासमतीसारं पाण्डुरोगं सकामलम् । आमं च गुल्मरोगञ्च वातशूलं सवेदनम् ।।२६७।।
अर्शांसि श्वयथुञ्चैवभुक्तंपीतं च सात्म्यतः । क्षीरपाकविधानेन काञ्जिकस्यापि साधनम् ।।२६८।।

264-268. Śārdūla Kānjika:

Ingredients: *Pippalī*, *śṛīngavera*, *devadāru*, *citraka*, *cavya*, pulp of *bilva*, *ajamodā*, *harītakī*, *mahauṣadha*, *yavānī*, *dhānyaka*, *marica*, *jīraka*, *rājikā*, asafoetida (fried) and mustered oil.

Process of Drug-Making: Take 12 gm. measure each of the *pippalī*, *śṛīngavera*, *devadāru*, *citraka*, *cavya*, pulp of *bilva*, *ajamodā*, *harītakī*,

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mahauṣadha, *yavānī*, *dhānyaka*, *marica*, *jīraka*, *rājikā* and fried asafoetida. Coarsely powder them together and place them in a fresh pot containing water in measure of 1500 ml. (i. e. eight times to the combined weight of the rest). Close the mouth of the pot with an earthen plate and place it in an undisturbed state for seven days. Remove out the *kānji* thus obtained and treat it with the warm mustered oil (100 ml.). (For this boil the oil along with the asafoetida, cumin seeds and the like in a bowl. Pour the same bowl into the above preparation.). *Kānjika* (sour gruel) can also be prepared according to the procedure prescribed for *kṣīra pāka* (medicated milk).

Method of use/Administration: It is taken after meals. It should be taken invariably after food.

Therapeutic benefits: This preparation is called *Śārdula Kānjika*. It promotes digestive power and cures *kāsa* (coughs), asthma, dirrhoea, anemia associated with *āma*, diseases caused by *āma*, *gulma* (phantom tumour), colic pain, pain caused by *vāta*, piles and edema.

(*Yoga Ratnākar*)

मुस्तकारिष्टः–

मुस्तकस्य तुलाद्वन्द्वं चतुर्द्रोणेऽम्बुनः पचेत् । पादशेषे रसे तस्मिन् क्षिपेद् गुडतुलात्रयम् ।।२६९।।
धातकीं षोडशपलां यमानीं विश्वभेषजम् । मरिचं देवपुष्पञ्च मेथीं वह्निञ्च जीरकम् ।।२७०।।
पलयुग्ममितंक्षिप्त्वारुद्धभाण्डे निधापयेत् । संस्थाप्य मासमात्रन्तु ततः संस्रावयेद्भिषक् ।।२७१।।
अजीर्णमग्निमान्द्यञ्चविसूचीमपिदारुणाम् । ग्रहणीं विविधां हन्ति नात्र कार्या विचारणा ।।२७२।।

269-272. Mustakāriṣṭa:

Ingredients: *Mustaka*, jaggery, flowers of *dhātakī*, caraway seeds, dried ginger, *marica*, clove, fenugreek and cumin seeds.

Process of Drug-Making: Get 9340 gm. measure of *mustaka* and after coarsely powdering place them in a large size earthen pot. Pour 52 litre of water into the pot and decoct them till the original quantity is reduced to a one fourth. Sieve the decoction through a piece of cotton and dissolve into it jaggery measuring 14 kg. Also add to that coarsely powdered flowers of *dhātakī* measuring 750 gm. and 93 gm. each of the caraway seeds, dried ginger, *marica*, clove, fenugreek and cumin seeds. Store the preparation into an earthen pitcher that has been treated by smoke and has been coated inside with *ghṛitam*. Closely

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tight the pitcher with cloth wet in mud. Place the pitcher in a lonely warm place having no winds. After one month strain the liquid and fill them into glass bottles.

Method of use/Administration: This *ariṣṭa* is to be taken in doses of 12 gm. to two and a 6 gm. with equal amount of water.

Therapeutic benefits: This medicine removes indigestion, loss of digestive power and severe cases of dysentery and *grahaṇī*.

(*Yoga Ratnākar*)

चित्रकगुडः–

नासारोगेविधातव्यायाचित्रकहरीतकी । विनाधात्रीरसं सोऽस्मिन् प्रोक्तश्चित्रगुडोऽग्निदः ।।२७३।।

273. Citraka Guḍa:

For the treatment of diseases of the nose, a preparation called *Citraka harītakī* (please see Ch. 63 para 25-28) has been prescribed. If that recipe is prepared without the juice of *dhātrī*, it is called *Citrka guḍa*. It promotes the power of digestion.

(Cakradatt)

क्षारगुडः (च. द.)–

द्वेपञ्चमूलेत्रिफला-मर्कमूलंशतावरीम् । दन्तींचित्रकमास्फोतां रास्नां पाठां सुधां शटीम् ।।२७४।।
पृथग्दशपलान्भागान्दग्ध्वाभस्मसमावपेत् । त्रिःसप्तकृत्वस्तद्भस्मजलद्रोणे च गालयेद् ।।२७५।।
तद्रसं खाधयेदग्नौ चतुर्भागावशेषितम् । ततो गुडतुलां दत्त्वा साधयेन्मृदुनाऽग्निना ।।२७६।।
सिद्धं गुडं तु विज्ञायचूर्णानीमानिदापयेत् । वृश्चिकालीं द्विकाकोल्यौ यवक्षारं समावपेत् ।।२७७।।
एतेपञ्चपलाभागाःपृथक् पञ्च पलानि च । हरीतकीं त्रिकटुकं स्वर्जिकां चित्रकं वचाम् ।।२७८।।
हिङ्ग्वम्लवेतसाभ्यांचद्वेपलेतत्रदापयेत् । अक्षप्रमाणां गुडिकां कृत्वा खादेद् यथाबलम् ।।२७९।।
अजीर्णं जरयत्येष जीर्णे संदीपयत्यपि । भुक्तं भुक्तं च जीर्येत पाण्डुत्वमषकर्षति ।।२८०।।
प्लीहार्शःश्वयथुंचैवश्लेष्मकासमरोचकम् । मन्दाग्निविषमाग्नीनांकफे कण्ठोरसि स्थिते ।।२८१।।
कुष्ठानि च प्रमेहांश्च गुल्मं चाशु व्यपोहति । ख्यातःक्षारगुडो ह्येष रोगेषूक्तेषु योजयेत् ।।२८२।।

274-282. Kṣāra Guḍa:

Ingredients: *Pañca mūla*(i. e. the *daśamūla* herbs), *triphalā* herbs, *arka muli*, *śatāvarī*, *dantī*, *citraka*, *āsphoṭā*, *rāsnā*, *pāṭhā*, *vacā*, *śaṭī*, *guḍa*, *vriścikālī*, both the varieties of *kākolī*, *yavakṣāra*, *harītakī*, *trikaṭu*, *svarjika*, *citraka*, *vacā*, *hingu* and *amlavetsasa*

Process of Drug-Making: Obtain 470 gm. each of both the varieties of *pañca mūla*(i. e. the *daśamūla* herbs), *triphalā* herbs, *arka muli*, *śatāvarī*, *dantī*, *citraka*, *āsphoṭā*, *rāsnā*, *pāṭhā*, *vacā* and *śaṭī* should be burnt and the ash should be collected. This should be mixed with 13 litre of water and filtered for twenty one

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terms. Thereafter, that water mixed with ash should be boiled till one fourth of it remains. Then add 4670 gm. of *guḍa* to it and boil the preparation further over a mild fire. When a confection stage is attained, 235 gm. of each of the powder of *vṛiścikālī*, both the varieties of *kākolī*, *yavakṣāra*, and 93 gm. measure powders of each of *harītakī*, *tṛikaṭu*, *svarjika*, *citraka*, *vacā*, *hingu* and *amlavetsasa* should be added. Make pills of 10 gm. from the preparation.

Method of use/Administration: Depending upon the strength of the patients, doses of these pills should be decided. This recipe is known as *Kṣāra Guḍa* and should be administered to patients suffering from the below mentioned diseases only. Otherwise it can destroy the vital body elements.

Therapeutic benefits: The medicine remove indigestion. It can help one to digest the undigested food. It cures anemia, spleen disorders, piles, edema, *kāsa* (coughs) caused by *śleṣma*, anorexia, *mandāgni* (diminished power of digestion), *viṣamagni* (irregular power of digestion), location of *kapha* in the throat as well as chest, *kuṣṭha* (skin diseases), *prameha* (urinary problems including diabetes) and *gulma* (phantom tumour).

(Cakradatt)

मस्तुषट्पलं घृतम् (च. द.)–

पलिकैःपञ्चकोलैस्तुघृतंमस्तु चतुर्गुणम् । सक्षारैः सिद्धमल्पाग्निं कफगुल्मं विनाशयेत् ।।२८३।।

283. Mastu Ṣaṭpala Ghṛita:

Ghṛitam (1 kg. *mūrcchita*) prepared by boiling with four times of *mastu* (4 litres) and 46 gm. each of *pañca kola* herbs cures suppressed power of digestion and *gulma* (phantom tumour) caused by *kapha*.

Dosage: 10 gm. to 12 gm. along with warm water.

(Cakradatt)

अग्निघृतम् (च. द.)–

पिप्पलीपिप्पलीमूलंचित्रको हस्तिपिप्पली । हिङ्गु चव्याजमोदे च पञ्चैव लवणानि च ।।२८४।।
द्वौ क्षारौ हवुषा चैव दद्यादर्द्धपलोन्मितान् । दधिकाञ्जिकशुक्तानि स्नेहमात्रासमानि च ।।२८५।।
आर्द्रकस्वरसप्रस्थं घृतप्रस्थं विपाचयेत् । एतदग्निघृतं नाम मन्दाग्नीनां प्रशस्यते ।।२८६।।
अर्शसां नाशनं श्रेष्ठं तथा गुल्मोदरापहम् । ग्रन्थ्यर्बुदापचीकासकफमेदोऽनिलानपि ।।२८७।।
नाशयेद् ग्रहणीदोषं श्वयथुं सभगन्दरम् । ये च वस्तिगता रोगा ये च कुक्षिसमाश्रिताः ।
सर्वांस्तान्नाशयत्याशु सूर्यस्तम इवोदितः ।।२८८।।

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284-288. Agni Ghṛita:

Ingredients: *Mūrcchita Ghṛitam*, *pippalī*, *pippalī mūla*, *citraka*, *hasti pippalī*, *hingu*, *cavya*, *ajamodā*, five varieties of salt, both varieties of *kṣāras*, *havuṣā*, *dadhi*, *kānjika*, *śukta* and the juice of *ārdraka*.

Process of Drug-Making: 750 gm. of *mūrcchita ghṛitam* should be boiled with 23 gm. each of *pippalī*, *pippalī mūla*, *citraka*, *hasti pippalī*, *hingu*, *cavya*, *ajamodā*, five varieties of salt, both varieties of *kṣāras* and *havuṣā* and 750 ml. each of the *dadhi*, *kānjika* and *śukta* and the juice of *ārdraka*.

Therapeutic benefits: This is called *Agni ghṛita*. It is useful for persons having the suppressed power of digestion. It cures piles, *gulma*, abdominal diseases, granthi (adenitis), arbuda (tumour), *apācī* (cervical adenitis), *kāsa* (coughs), adiposity, diseases of *kapha* and *vāyu*, sprue syndrome, edema, fistula-in-ano and diseases of urinary bladder as well as pelvic region. These diseases are cured as darkness is eliminated by the rising sun.

(Cakradatt)

अग्निघृतम् (बृहत्) (च. द.)–

भल्लातकसहस्रार्द्धं जलद्रोणे विपाचयेत् । अष्टभागावशेषं तु कषायमवतारयेत् ।।२८९।।
घृतप्रस्थं समादाय कल्कानीमानि दापयेत् । त्र्यूषणं पिप्पलीमूलं चित्रको हस्तिपिप्पली ।।२९०।।
हिङ्गु चव्याजमोदे च पञ्चैव लवणानि च । द्वौ क्षारौ हवुषा चैव दद्यादर्द्धपलोन्मितान् ।।२९१।।
दधिकाञ्जिकशुक्तानि स्नेहमात्रासमानि च । आर्द्रकस्वरसं चैव शोभाञ्जनरसं तथा ।।२९२।।
तत्सर्वमेकतः कृत्वा शनैर्मन्दाग्निना पचेत् । एतदग्निघृतं नाम मन्दाग्नीनां प्रशस्यते ।।२९३।।
अर्शसां नाशनं श्रेष्ठं मूढवातानुलोमनम् । कफवातोद्भवे गुल्मे श्लीपदे च दकोदरे ।।२९४।।
शोथं पाण्ड्वामयंकासंग्रहणींश्वासमेव च । एतान् विनाशयत्याशु तमः सूर्य इवोदितः ।।२९५।।

289-295. Bṛihat Agni Ghṛita:

Ingredients: 500 hundred numbers of *bhallātaka* fruits, *tryūṣṇa* herbs, *pippalī mūla*, *citraka*, *hasti pippalī*, *hingu*, *cavya*, *ajamodā*, five varieties of salt, two types of *kṣāra*, *havuṣā*, *yogurt*, *kānjika*, *suktā*, ginger juice and the juice of *sobhāñjana*.

Process of Drug-Making: Coarsely powder the *bhallātaka* fruits and boil them with 13 litre of water till one eighth of it remains. Add to this decoction, *mūrcchita ghṛitam* (750 ml.), *kalka* made out of the *tryūṣṇa* herbs, *pippalī mūla*, *citraka*, *hasti pippalī*, *hingu*, *cavya*, *ajamodā*, five varieties of salt, two types of *kṣāra* and *havuṣā* measuring 23 gm. each and 750 ml. each of *yogurt*, *kānjika*,

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suktā, ginger juice and the juice of *Sobhāñjana*. This recipe should then be boiled slowly over a mild-fire.

Therapeutic benefits: This is called *Agni Ghṛita* and is useful for persons having lower power of digestion. It cures piles, gas, *gulma* (phantom tumour) caused by *kapha* and *vātu*, *ślīpada* (elephantiasis), *jalodara* (ascites), edema, anemia, *kāsa* (coughs), sprue syndrome and asthma. It cures these diseases as the rising sun dispels the darkness.

(Cakradatt)

कर्पूरासवः (भा. भै. र.)–

तुलां प्रसन्नां परिगृह्य शुद्धां पलाष्टकं चोडुपतेः क्षिपेच्च ।
एला च सूक्ष्माघनशृङ्गवेर-यमानिका वेल्लजमत्र सर्वम् ।।२९६।।
पलप्रमाणं पिहिते च भाण्डे मासं निदध्याद् भिषगत्र यत्नात् ।
विसूचिकायाःपरमौषधंयद्निहन्ति चान्यान् विविधान् विकारान् ।।२९७।।

296-297. Karpūrāsava:

Ingredients: Pure liquor, purified camphor, smaller cardamom, *mustā*, dried ginger, caraway seed and *vāyaviḍanga*.

Process of Drug-Making: Take pure liquor measuring 4670 ml. and dissolve into it 375 gm. measure of purified camphor. Add to it powders of the 46 gm. measure each of the smaller cardamom, *mustā*, dried ginger, caraway seed and *vāyaviḍanga*. Store the preparation into an earthen pitcher that has been treated by smoke and has been coated from inside with *ghṛitam*. Closely cover the pitcher with cloth wet in mud. Place the pitcher in a lonely warm place having no winds. After one month, strain the liquid and fill them into glass bottles.

Therapeutic benefits: This *Karpūrāsava* is a great medicine to cure dysentery. It also removes several problems related to gastro intestinal tract and indispositions related to *kapha* disorder.

गुडाष्टकम् (भा. प्र.)–

व्योषं दन्ती त्रिवृच्चित्रंकृष्णामूलं विचूर्णितम् । तच्चूर्णं गुडसम्मिश्रं भक्षयेत्प्रातरुत्थितः ।।२९८।।
एतद् गुडाष्टकं नाम बलवर्णाग्निवर्द्धनम् । शोथोदावर्त्तशूलघ्नं प्लीहपाण्ड्वामयापहम् ।।२९९।।

298-299. Guḍāṣṭakam:

Ingredients: Dried ginger, *marica*, *pippalī*, *dantī* roots, *trivṛit* roots, *citraka* roots, *ppalimula* and old jaggery.

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Process of Drug-Making: Take 10 gm. measure powder of the each of dried ginger, *marica*, *pippalī*, *dantī* roots, *tṛivṛit* roots, *citraka* roots and *pippalīmūla*, mix these powders with old jaggery measuring 70 gm. (i.e. equal to the combined weight of the rest) and preserve the preparation in a glass container.

Method of use/Administration: This medicine should be taken everyday morning.

Therapeutic benefits: It is a great *rasāyaṇa* that promotes beauty as well as digestive power. It is capable of treating indispositions like enlargement of spleen, anemia, colic pain, *śotha* and *udāvarta*.

(*Bhāvaprakāśa*)

घनादिवटी–

पलद्वयं धनं क्षुण्णं पिप्पलीशशिहिङ्गुतः । पलं पलं गृहीत्वा तु सम्यगेकत्र मिश्रयेत् ।।३००।।
कर्पूरसलिलैः कुर्याद्वटिका वल्लसम्मिताः । अतीसारमजीर्णञ्च विसूचीमुग्ररूपिणीम् ।।३०१।।
अरोचकं वह्निमान्द्यं ग्रहणीमपि दारुणाम् । कासं पञ्चविधञ्चैव नाशयेदविकल्पतः ।।३०२।।

300-302. Ghanādi Vaṭī:

Ingredients: *Mustā*, *pippalī*, purified camphor and asafoetida (fried in *ghṛitam*).

Process of Drug-Making: Take *mustā* measuring 93 gm. and 76 gm. measure each of *pippalī*, purified camphor and asafoetida (fried in *ghṛitam*). Compound the powders and triturate them through mortar along with camphor treated water. Make pill measuring 375 mg. out of the preparation and dry them. Keep the medicine in a glass container.

Therapeutic benefits: This medicine called *Ghanādi Vaṭī* is a great drug for diseases like diarrhoea, indigestion, dysentery anorexia, loss of digestive power and sprue. It also checks five types of *kāsa* (coughs).

अग्निमान्द्यादिषु पथ्यापथ्यव्यवस्था–

श्लैष्मिके वमनं पूर्वं पैत्तिके मृदुरेचनम् । वातिके स्वेदनञ्चाथ यथावस्थं हितञ्च यत् ।।३०३।।
नानाप्रकारो व्यायामो दीपनानि लघूनि च । बहुकालसमुत्पन्नाः सूक्ष्मा लोहितशालयः ।।३०४।।
विलेपोलाजमण्डश्चमण्डोमुद्गरसःसुरा । एणो बर्ही शशो लावः क्षुद्रमत्स्याश्च सर्वशः ।।३०५।।
शालिञ्चशाकं वेत्राग्रं वास्तूकं बालमूलकम् । लशुनं वृद्धकूष्माण्डं नवीनकदलीफलम् ।।३०६।।
शोभाञ्जनं पटोलञ्च वार्ताकुं नलादम्बु च । कर्कोटकं कारवेल्लं बार्हतञ्च महार्द्रकम् ।।३०७।।

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प्रसारिणी मेषशृङ्गी चाङ्गेरी सुनिषण्णकम् । धात्रीफलं नागरङ्गं दाडिमं निम्बुकं तथा ।।३०८।।
अम्लवेतसजम्बीरमातुलुङ्गानि माक्षिकम् । नवनीतं घृतं तक्रं सौवीरकतुषोदके ।।३०९।।
धान्याम्लं कटुतैलञ्च रामठं लवणार्द्रकम् । यमानी मरिचं मेथी धान्यकं जीरकं दधि ।।३१०।।
ताम्बूलं तप्तसलिलं कटुतिक्तौ रसावपि । मन्दानलेऽप्यजीर्णेऽपि पथ्यमेतन्नृणां भवेत् ।।३११।।

303-311. Useful diets in cases of dyspepsia:

In cases of indigestion caused due to *śleṣma*, one should first take the *vamana* therapy. In cases of indigestion caused due to *pitta*, one should first take the *virecana* (purgation) therapy. In cases of indigestion caused due to *vāta*, one should first take the *svedana* (fomentation) therapy. In indigestion, different types of exercises and use of light meals are useful. Gruel of old rice of *śāli* variety, soup of the *mudga* pulse (kidney-beans), liquor, meats of deer, peacock, rabbit, *lāvaka*, and the meat soups, small fishes, *śāli nca* leaves, leaves of the shoots of bamboo branches, banana fruits, buttermilk, warm water, ginger, asafoetida, cooked leaves of *vāstuka* (chenopodium) and *cāngerī* (sorrel), radish, fruits of *paṭola*, pomegranate, orange, *āmalakī*, lemon, honey, butter, *ghṛitam*, mustard oil, caraway seeds, black pepper, cooked leaves of fenugreek, ginger pieces, coriander seeds, curd, betel leaves, and *kārvellaka* (bitter gourd) are also very useful.

अपथ्यानि–

विरेचनानि विण्मूत्रवायुवेगविधारणम् । अध्यशनं समशनं जागरं विषमाशनम् ।।३१२।।
रक्तस्रुतिं शमीधान्यं मत्स्यं मांसमुपोदिकाम् । जलपानं पिष्टकञ्च जाम्बवं सर्वमालुकम् ।।३१३।।
कूर्च्चिकां मोरटंक्षीरं किलाटञ्च प्रपानकम् । तालास्थिशस्यं तद्वालं स्नेहनं दुष्टवारि च ।।३१४।।
विरुद्धासात्म्यपानान्नंविष्टम्भीनिगुरूणिच । अग्निमान्द्येऽप्यजीर्णे च सर्वाणि परिवर्जयेत् ।।३१५।।

312-315. Harmful measures for the patients of dyspepsia:

Strong *virecana* (purgation), taking cold water, holding the call of nature, waking up to late night-hours, blood-letting through leeches, *śamī* variety of rice, eating before digestion of the previous food, taking irregular meals, drinking excess water, fish, blackberry, potato, milk and palm fruits are harmful for the patient of dyspepsia. One should also avoid the incompatible food items and the items that are heavy to digest and cause constipation.

इति भैषज्यरत्नावल्यामग्निमान्द्यादिचिकित्साप्रकरणम् ।।१०।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी–'नामिकायां भाषाटीकायामग्निमान्द्यादिचिकित्साप्रकरणम् ।।१०।।

End of the Chapter 10 of Bhaiṣajya Ratnāvalī with Commentary

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अथ क्रिमिरोगचिकित्साप्रकरणम् ११

Chapter 11
Worm Infestation

Kṛimi Roga or 'Worm Infestation' is a disease caused by the presence of worms (*Kṛimi*) in the body particularly in the intestines. Symptoms and signs of this ailment include loss of appetite, loose motions, pain in the abdomen, discoloration of the skin and tongue, fever, lassitude and giddiness.

पारसीकयमानिकाचूर्णम्–

पारसदेशयमानी पीता पर्युषितवारिणा प्रातः । गुडपूर्वा क्रिमिजातं कोष्ठगतं पातयत्याशु ।।१।।

1. The patient with worm infestation should keep clean water in a pot for overnight. In the morning he should consume powder of 5 gm. of raw sugar and 1 gm. of caraway seeds. It should be followed by a drink of the above water. This clears the worms from intestines.

(Cakradatt)

क्रिमिहरा योगाः–

पारिभद्रकपत्रोस्थं रसं क्षौद्रयुतं पिबेत् । केबुकस्य रसं वाऽपि पत्तूरस्याथवा पुनः ।।२।।
लिह्यात् क्षौद्रेण वैडङ्गं चूर्णं क्रिमिहरं परम् ।।३।।

2. Intake of the following recipes throws away parasites from the *koṣṭha* (colon). A. Juice of the leaves of *pāribhadrak* (*nimb* tree of hills) mixed with honey, both measuring 10 ml. each. B. Juice of *kebuka* or *jalapippalī* mixed with honey, both measuring 10 ml. each. C. Juice of *dhūttura* mixed with honey, both measuring 10 ml. each. D. Taking the power of *viḍanga* measuring 5 gm. with honey is also an effective cure of worm infestation.

(Cakradatt)

मुस्तादिक्वाथः–

मुस्ताखुपर्णीफलशिग्रुदारुक्वाथः सकृष्णाक्रिमिशत्रुकल्क ।
मार्गद्वयेनापि चिरप्रवृत्तान् क्रिमीन्निहन्ति क्रिमिजांश्च रोगान् ।।४।।

4. Mustādi Kvātha:

Ingredients: *Mustā*, *ākhuparṇī*, *muśakparṇī*, *triphalā*, bark of *śigru*, and *devadāru*.

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Process of Drug-Making: Take equal amount of *mustā*, *muśakparṇī*, *triphalā*, bark of *śigru* and *devadāru* and thus raise 25 gm. measure of the herbs. Combine them together and boil the mix into water (200 ml.). When the preparation is reduced to 25 ml., the syrup should be obtained by straining.

Method of use/ Administration and Therapeutic benefits: Consuming this preparation daily taken along with the *kalka* of *kṛiṣṇa* (pepper) (1 gm.) and *kṛimiśtru* (*viḍanga*) (3 gm.) cleans the intestine of worms. They are removed from stomach through fasces or through vomiting.

पलाशबीजप्रयोगः–

पलाशबीजस्वरसं पिबेद्वा क्षौद्रसंयुतम् । पिबेत्तद्बीजकल्कं वा तक्रेण क्रिमिनाशनम् ।।५।।

5. Obtain the juice of the seeds of *palāśa* worth 10 ml. and take it with small amount of honey (i.e. 10 mg.). These seeds could be made into a *kalka* on stone and be taken with buttermilk also. Both of these preparations check worm infestation.

(Cakradatt)

खर्जूरपत्रक्वाथः–

क्वाथं खर्जूरपत्राणां सक्षौद्रमुषितं निशि । पीत्वा निवारयत्याशु क्रिमिसङ्घमशेषतः ।।६।।

6. The leaves of date tree should be decocted in water and be kept overnight. The following morning this decoction should be strained and the liquid thus obtained should be taken with honey. Use this medication daily to cure worm infestation.

क्रमुकादियोगद्वयम्–

अपक्वं क्रमुकं पिष्टं पीतं जम्बीरजै रसैः । निहन्ति विड्भवं कीटं रसः खर्जूरजम्भयोः ।।७।।

7. The juice of *jambīra* lemon (10 ml.) should be taken either with the *kalka* of unripe areca-nuts or with the *kalka* of fresh date (10 ml.) leaves.

कृमिहरं योगद्वयम्–

पिबेत्तुम्बीबीजचूर्णं तक्रेण क्रिमिनाशनम् । नारिकेलजलं पीतं सक्षौद्रं क्रिमिनाशनम् ।।८।।

8. The powder of the seeds of *tumbī* (cucurbit) (of bitter taste) (10 gm.) should be taken with buttermilk or coconut-water (250 ml.) mixed with honey. It removes worm infestation.

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विडङ्गादियवागूर्बिम्बीघृतं च (च. द.)–

विडङ्गपिप्पलीमूलशिग्रुभिर्मरिचेन च । तक्रसिद्धा यवागूः स्यात् क्रिमिघ्नी ससुवर्चिका ।
पीतं बिम्बीघृतं हन्ति पक्वामाशयगान् क्रिमीन् ।।९।।

9. *Yavāgū* (thick gruel) should be prepared by boiling buttermilk along with *viḍanga*, *pippalī mūla*, *śigru* and *marica* (5 gm. each). Intake of this by adding *suvarcikā* destroys parasites of the intestines.

Bimbī Ghṛita: Medicate *ghṛitam* decocting it with bitter *tumbī* (cucurbit). It also cures the infested worms. For medicating the *ghṛitam*, one should take *ghṛita* about one litre, *kalka* of *tumbī* measuring one quarter of it and water measuring four litres.

(Cakradatt)

यमानीचूर्णं कृमिहरम्–

यमानींलवणोपेतां भक्षयेत् कल्य उत्थितः । अजीर्णमामवातघ्नं क्रिमिजांश्च जयेद् गदान् ।।१०।।

10. Yavānī Cūrṇam:

Ingredients: Powder of *yavānī* (caraway seeds) and rock salt.

Process of Drug-Making: This is a powder-based formula.

Method of use/Administration: Consume the powder off the caraway seeds in doses of 5 gm. along with rock salt (2 gm.) and take it in the morning before going to toilet.

Therapeutic benefits: This *Yavānī Cūrṇam* cures one from such diseases as indigestion, *āmvāta* and intestinal infestation.

कम्पिल्लचूर्णं कृमिहरम्–

कम्पिल्लचूर्णं माषार्द्धं गुडेन सह भक्षितम् । संपातयेत् क्रिमीन् सर्वानुदरस्थान्न संशयः ।।११।।

11. Kampilla Cūrṇa:

Take 5 gm. measure of *kampilla* powder and take it with jaggery measuring 10 gm. and take it daily. This medication clears the intestines of the worms without doubt.

(*Bhāvaprakāśa*)

पलाशबीजादिचूर्णम्–

पलाशबीजेन्द्रविडङ्गनिम्बभूनिम्बचूर्णंसगुडंलिहेद्यः।
दिनत्रयेणक्रिमयःपतन्तिपलाशबीजेन यमानिका वा ।।१२।।

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12. Palāśabījādi Chūrṇam:

Ingredients: Seeds of *palāśa*, *indrayava*, *viḍanga*, the bark of *neem* and *bhū-nimba*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: This powder should be taken in doses of 5 gm. with 10 gm. of raw sugar. One can also take only the mixture of seeds of *palāśa* and caraway seeds powdered together.

Therapeutic benefits: Taking this medicine for three consecutive days checks the worms.

(*Bhāvaprakāśa*)

नाडीचफललेपः–

पेषयेदारनालेन नाडीचस्य फलानि च । यूकालिक्षाप्रशान्त्यर्थं दद्याल्लेपन्तु मस्तके ।।१३।।

13. Take the seeds of *nāḍīca* (*kālaśāka*) and compound them along with *kānji* and apply the preparation over the scalp.

यूकाविनाशकौ लेपौ–

रसेन्द्रेण समायुक्तो रसो धुस्तूरपत्रजः । ताम्बूलपत्रजो वाऽपि लेपाद्यूकाविनाशनः ।।१४।।

14. Obtain *pārada* and juice of *dhustūra*. After churning both of them together for three hours apply the preparation over scalp. Optionally, one can obtain *pārada* and juice of betel leaves for this preparation.

(*Yoga Ratnākar*)

पारसीयादिचूर्णम्–

पारासीययमानिकाघनकणाशृङ्गीविडङ्गारुणाचूर्णं श्लक्ष्णतरं विलीढमपि तत् क्षौद्रेण संयोजितम् ।
कासंनाशयतिज्वरञ्जयतिप्रौढातिसारंजयेच्छर्दिंमर्दयतिक्रिमिन्तु नियतं कोष्ठस्थनुन्मूलयेत् ।।१५।।

15. Pārasīyādi Cūrṇam:

Ingredients: Powder of caraway seeds, *mustā*, pepper, *śṛingī*, *vāyaviḍanga* and *ativiṣā*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

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Method of use/Administration: Take mix of this powder in doses of 5 gm. along with honey regularly.

Therapeutic benefits: This powder removes such diseases as *kāsa* (coughs), fever, chronic diarrhoea and vomiting, particularly the intestinal infestation by the worms.

पिष्टकपूपिकाप्रयोगः (च. द.)–

आखुकर्णीदलैःपिष्टैःपिष्टकेनच पूपिकाम् । जग्ध्वा सौवीरकं चानु पिबेत् क्रिमिहरं परम् ।।१६।।

16. Mix the *kalka* of *mūṣākarṇī* with the flour of barley and prepare pudding out of it. Take these puddings and subsequently drink *kānji*. It would immediately clear the worms from the intestines.

(Cakradatt)

सुरसादिक्वाथो विडङ्गादिचूर्णं च (च. द.)–

सुरसाऽऽदिगणं वाऽपि सर्वथैवोपयोजयेत् । विडङ्गसैन्धवक्षारकाम्पिल्लकहरीतकीः ।
पिबेत्तक्रेण संपिष्य सर्वक्रिमिनिवृत्तये ।।१७।।

17. The herbs of the *surāsā* group should be taken either in form of decoction or a *kalka*. The combination of powders of *viḍanga*, rock salt, *yavakṣāra*, *kampilla* and peels of *haraḍa* rhizomes should be taken along with buttermilk. This medication also checks the intestinal infections.

(Suśrita)

अथ रसप्रयोगाः–

क्रिमिकालानलो रसः–

विडङ्गं द्विपलञ्चैव विषचूर्णं तदर्धकम् । लौहचूर्णं तदर्धं च तदर्धं शुद्धपारदम् ।।१८।।
रसतुल्यं शुद्धगन्धंछागीदुग्धेन पेषयेत् । छायाशुष्कां वटीं कृत्वा खादेद् गुञ्जैकसम्मिताम् ।।१९।।
धान्यजीरानुपानेन नाम्ना कालानलो रसः । उदरस्थं क्रिमिं हन्याद् ग्रहण्यर्शःसमन्वितम् ।।२०।।
अग्निदः शोथशमनो गुल्मप्लीहोदराञ् जयेत् । गहनानन्दनाथेन भाषितो विश्वसन्मुदे ।।२१।।

18-21. Kṛimikālānala Rasa:

Ingredients: *Vāyaviḍanga*, *vatsanābhaviṣa*, *lauha bhasma*, purified *pārada*, purified *gandhaka* and milk of goat into it.

Process of Drug-Making: Take the following ingredients: 100 gm. measure of *vāyaviḍanga*, 500 gm. measure of *vatsanābhaviṣa*, 25 gm. measure of *lauha bhasma*, 12 gm. measure of purified *pārada* and 12 gm. measure of purified

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gandhaka. First of all prepare *kajjalī* out of the purified *pārada* and *gandhaka* and mix into it the rest of the material. Process the preparation through mortar adding milk of goat into it. Finally prepare pills measuring 125 mg. each and dry them under shade. After drying the pills pack them in suitable container.

Method of use/ Administration and Therapeutic benefits: *Kṛimikālānala Rasa* if taken with coriander seeds and fried cumin seeds, alleviates problems related to gastro intestinal tract caused due to *sangrahṇī* and piles. It promotes the digestive power. *Kṛimikālānala Rasa* cures diseases like edema, *gulma*, enlargement of spleen and problems related to gastro intestinal tract. This medicine has been prescribed by Gahanānand Nāth for the benefit of mankind.

(*Rasendra Sār Sangraha*)

क्रिमिधूलिजलप्लवो रसः–

पारदं गन्धकं शुद्धं वङ्गं शङ्खं समं समम् । चतुर्णां योजयेत्तुल्यं पथ्याचूर्णं भिषग्वरः ।।२२।।
दण्डयन्त्रेण निर्मथ्य पटोलस्वरसं पिबेत् । कार्पासबीजसदृशीं वटिकां कुरु यत्नतः ।।२३।।
अद्याद्वटीत्रयं प्रातः शीततोयं पिबेदनु । केवलं पैत्तिके योज्यः कदाचिद्वातपैत्तिके ।।२४।।
श्रीमद्गहननाथोक्तः क्रिमिधूलिजलप्लवः ।।२५।।

22-25. Kṛimidhūlijalaplavo Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *vanga bhasma*, *śankha bhasma*, *pathyā*, and juice of leaves of *paṭola*.

Process of Drug-Making: Obain purified *pārada*, purified *gandhaka*, *vanga bhasma*, *śankha bhasma* and *pathyā* each measuring 50 gm. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Process the preparation through mortar along with juice of leaves of *paṭola*. Finally prepare pills of the measurement of 250 mg. and dry them under shade. Preserve them in a glass bottle.

Method of use/Administration: Take three pills in the morning with cold water and drink enough water after that.

Therapeutic benefits: This medicine is useful in cases of worm diseases caused due to disorder in *pitta* or due to disorder in *vāta* and *pitta*. This medicine has been prescribed by Guru Gahan Nāth.

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क्रिमिकाष्ठानलो रसः (र. सा. सं.)–

विशुद्धं पारदं गन्धं रङ्गं तालं वराटकम् । मनशिला कृष्णाकाचं सोमराजी विडङ्गकम् ।।२६।।
दन्तीबीजं च जैपालं शिलाटङ्गणचित्रकम् । कर्षमात्रं तु प्रत्येकं वज्रीक्षीरेण मर्दयेत् ।।२७।।
क्रिमिकाष्ठानलो नाम रसोऽयं परिनिर्मितः ।।२८।।
श्लैष्मिके श्लेष्मपित्ते च श्लेष्मवाते च शस्यते ।।२९।।

26-29. Kṛimikāṣṭhānala Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *vang baśma*, *haratāla bhasma*, *kapardika bhasma*, purified *manahśilā*, black coloured *bhasma* of *kāc*, *somarājī*, *vāyaviḍanga*, seeds of *dantī*, *jayapāla*, purified *śilājit*, purified borax, *citraka* and latex of plant *snuhī*.

Process of Drug-Making: Take the following ingredients (each ingredient measuring 20 gm.): Purified *pārada*, purified *gandhaka*, *vang bhaśma*, *haratāla bhasma*, *kapardika bhasma*, purified *manahśilā*, black coloured *bhasma* of *kāc*, *somarājī*, *vāyaviḍanga*, seeds of *dantī*, purified *śilajit*, purified borax and *citraka*. Also take *jayapāla* measuring 40 gm., Triturate the above ingredients along with the latex of plant *snuhī* and make pills measuring 125 mg. each.

Therapeutic benefits: This medicine alleviates disorders related to *kapha* singly or in combination of *vāta* and *pitta*.

(*Rasendra Sār Sangraha*)

लाक्षादिवटी (र. सा. सं.)–

लाक्षाभल्लातश्रीवास-श्वेतापराजिताशिफाः । अर्जुनस्य फलं पुष्पं विडङ्गं सर्जगुग्गुलू ।।३०।।
एभिः कीटाश्च शाम्यन्ते तिष्ठन्तोऽपि गृहे सदा । भुजङ्गा मूषिका दंशा घुणा लूताश्च मत्कुणाः ।
दूरादेव पलायन्ते क्लिन्नकीटाश्च ये स्मृताः ।।३१।।

30-31. Lākṣādi Vaṭī:

Ingredients: *Lākṣā*, *bhallātaka*, *śrīvāsa*, root of white *aparājitā*, fruit of *arjun* plant and its flowers, *vāyaviḍanga*, *sarja* and *guggulu*.

Process of Drug-Making: Make a *kalka* out of the following ingredients in equal part: *lākṣā*, *bhallātaka*, *śrīvāsa*, root of white *aparājitā*, fruit of *arjun* plant and its flowers, *vāyaviḍanga*, *sarja* and *guggulu*. Prepare incense sticks out of the *kalka*. The smoke from these sticks kills insects.

Therapeutic benefits: It acts as repellant to snakes, mouse, mosquitoes, spiders and bed-bugs etc. It also kills insects evolving out of moisture and wet corners.

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Note - This smoke is poisonous. Humans should avoid this smoke. They should not breath around it and should avoid their body from it because smoke of *bhallātaka* may harm the body. Enter the house only after all the smoke is disbursed. People who cannot bear smoke of *bhallātaka* should avoid using this smoke. These people can use this medicine without including the herb. It makes the sticks less effective.

क्रिमिमुद्गरो रसः–

क्रमेण वृद्धं रसगन्धकाजमोदाविडङ्गं विषमुष्टिका च ।
पलाशबीजञ्च विचूर्णमस्य गुञ्जाप्रमाणं मधुनाऽवलीढम् ।।३२।।
पिबेत् कषायं घनजं तदूर्ध्वं रसोऽयमुक्तः क्रिमिमुद्गराख्यः ।
क्रिमीन्निहन्ति क्रिमिजांश्च रोगान्संदीपयत्यग्निमयं त्रिरात्रात् ।।३३।।

32-33. Kṛimimudgara Rasa:

Ingredients: Purified *Rasa* (*pārada*), purified *gandhaka*, *ajamodā*, *viḍanga*, purified *viṣa muṣṭikā* and seeds of *palāśa*.

Process of Drug-Making: Get purified *Rasa* (*pārada*) (10 gm.), purified *gandhaka* (20 gm.), *ajamodā* (30 gm.) *viḍanga* (40 gm.), purified *viṣa muṣṭikā* (50 gm.) and seeds of *palāśa* (60 gm.) and compound them together into a fine powder.

Method of use/Administration: 125 mg. dose of this recipe should be mixed with honey and taken. Subsequently, the decoction of *mustā* should be taken.

Therapeutic benefits: This is called *Kṛimimudgara*. It destroys parasites, cures diseases caused by them and stimulates the power of digestion if taken for three consecutive days.

(*Rasendra Sār Sangraha*)

कीटारिरसः–

शुद्धसूतं शक्रयवं चाजमोदा मनःशिला । पलाशबीजं गन्धञ्च देवदाल्या द्रवैर्दिनम् ।।३४।।
संमर्द्य भक्षयेन्नित्यं मुद्गपर्णीरसैः सह । सितायुक्तं पिबेच्चानु क्रिमिपातो भवत्यलम् ।।३५।।

34-35. Kīṭāri Rasa:

Ingredients: Purified *pārada*, *indrayava*, powder of caraway seeds, purified *manahśilā*, powder of *palāś* (*ḍhāk*) seeds, purified *gandhaka* and juice or decoction of *devadālī*.

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Process of Drug-Making: Take the following ingredients in measure of 12 g. each: purified *pārada*, *indrayava*, powder of caraway seeds, purified *manahśilā*, powder of *palāś* (*ḍhāk*) seeds and purified *gandhaka*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the rest of the materials. Churn the *kajjalī* mixing with juice or decoction of *devadālī* for one whole day. Make pills measuring one *raktikā* (=125 mg.) each out of the preparation. Dry these pills under a shade and after drying preserve them in glass containers.

Method of use/Administration: This medicine should be taken in doses of one pill with the juice of *mudgparṇī* and sugar.

Therapeutic benefits: This medicine eliminates all the stomach worms that are passed out through stool.

कीटमर्दो रसः–

शुद्धसूतं शुद्धगन्धमजमोदा विडङ्गकम् । विषमुष्टिर्ब्रह्मदण्डी यथाक्रमगुणोत्तरम् ।।३६।।
चूर्णयेन्मधुना मिश्रं गुञ्जैकं क्रिमिजिद्भवेत् । कीटमर्दो रसो नाम्ना मुस्ताक्वाथं पिबेदनु ।।३७।।

36-37. Kīṭamarda Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *kalka* of caraway seeds, *kalka* of *vāyaviḍanga*, *viṣamuṣṭi*, and *kalka* of *bharngī*.

Process of Drug-Making: Take the following ingredients: purified *pārada* (10 gm.), purified *gandhaka* (20 gm.), powder of caraway seeds (30 gm.), powder of *vāyaviḍanga* (40 gm.), powder of *viṣmuṣṭi* (50 gm.) and powder of *bharangi* (60 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix them with rest of the ingredients. After uniformly mixing the ingredients, churn all the ingredients and fill them into glass bottles.

Method of use/Administration: Take this medicine in doses of 125 mg. along with honey and decoction of *mustā*.

Therapeutic benefits: This medicine is famous by name of *Kīṭamarda Rasa* and it cures all kinds of worm related indispositions.

(*Rasendra Sār Sangraha*)

क्रिमिघातिनी गुटिका–

रसगन्धाजमोदानां क्रिमिघ्नब्रह्मबीजयोः । एकद्वित्रिचतुष्पञ्च तिन्दोर्बीजस्य षट् क्रमात् ।।३८।।
सञ्चूर्ण्य मधुना सर्वं गुटिकां क्रिमिघातिनीम् । खादन् पिपासुस्तोयञ्च मुस्तानां क्रिमिशान्तये ।।
आखुपर्णीकषायं वा प्रपिबेच्छर्कराऽन्वितम् ।।३९।।

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38-39. Kṛimighātini Guṭikā:

Ingredients: Purified *pārada*, purified *gandhaka*, powder of caraway seeds, powder of *vāyaviḍanga*, powder of seeds of *palāśa* (*ḍhāka*) and powder of purified *viṣmuṣṭi*.

Process of Drug-Making: Take the ingredients in the following measures: purified *pārada* (10 gm.), purified *gandhaka* (20 gm.), powder of caraway seeds (30 gm.), powder of *vāyaviḍanga* (40 gm.), powder of seeds of *palāśa* (*ḍhāka*) (50 gm.) and powder of purified *viṣmuṣṭi* (60 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the rest of the ingredients. Mix honey to the pulverized compound and process it through mortar. Make pills measuring 250 mg. each and dry them. After drying properly pack them in glass containers.

Method of use/ Administration and Therapeutic benefits: To eliminate worm related disorders one should take one pill everyday. If one feels excessive thirst then he should drink decoction of *mustā* and should take decoction of *mūṣākaparṇī* mixed with sugar.

(*Rasendra Cintāmaṇi*)

क्रिमिविनाशनो रसः–

शुद्धसूतं समं गन्धमभ्रं लौहं मनःशिला । धातकी त्रिफला लोध्रं विडंगं रजनीद्वयम् ।।४०।।
भावयेत्सप्तधा सर्वं शृङ्गबेरभवै रसैः । गुञ्जार्धां च वटीं कृत्वा त्रिफलारससंयुताम् ।।४१।।
भक्षयेत्प्रातरुत्थाय क्रिमिरोगोपशान्तये । वातिकं पैत्तिकं हन्ति श्लैष्मिकञ्च त्रिदोषजम् ।।४२।।
क्रिमिविनाशनो नाम क्रिमिरोगकुलान्तकः ।।४३।।

40-43. Kṛimivināśana Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abharaka bhasma*, *lauha bhasma*, purified *manahśilā*, *dhātakī* flowers, *triphalā* herbs, *lodhra*, *vāyaviḍanga*, *haridrā*, *dāru haridrā* and juice of ginger.

Process of Drug-Making: Take the following ingredients (each measuring 20 gm.): purified *pārada*, purified *gandhaka*, *abharaka bhasma*, *lauha bhasma*, purified *manahśilā*, *dhātakī* flowers, *triphalā* herbs, *lodhra*, *vāyaviḍanga*, *haridrā* and *dāru haridrā*. First of all prepare *kajalli* out of purified *pārada* and *gandhaka* and mix into it the rest of the ingredients after churning them together. Churn all the ingredients together and process the preparation through *bhāvanā* method

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using the juice of ginger for seven consecutive times. Make pills measuring 60 mg. each and dry them. After drying them preserve them in glass bottles.

Method of use/ Administration and Therapeutic benefits: If taken in doses of one pill along with the decoction of *triphalā* everyday, the medicine cures all the disorders related to worms. This medicine cures all the diseases related to *vāta*, *pitta*, *śleṣmaka* and *tridoṣaja*.

(*Rasendra Sār Sangraha*)

क्रिमिहररसः–

शुद्धसूतं शक्रयवमजमोदा मनःशिला । पलाशबीजं गन्धं च देवदाल्या द्रवैर्दिनम् ।।४४।।
संमर्द्य भक्षयेन्नित्यं शालपर्णीरसैः सह । सितायुक्तं पिबेच्चानु क्रिमिपातो भवत्यलम् ।।४५।।

44-45. Kṛimihara Rasa:

Ingredients: Purified *pārada*, *indrayava*, caraway seeds, *manahśilā*, seeds of *palāśa*, *gandhaka* and juice of *devadālī*.

Process of Drug-Making: Take the following ingredients (in equal quantities): purified *pārada*, *indrayava*, caraway seeds, *manahśilā*, seeds of *palāśa* and *gandhaka*. Churn all these ingredients along with the juice of *devadālī* for one whole day.

Method of use/ Administration and Therapeutic benefits: The medicine can be taken in doses of 62 mg. or 125 mg. If this medicine is taken along with the juice or decoction of *śālparṇī* treated with sugar, it would eliminate all the worms.

Note: This medicine is more useful when given along with the decoction of *mudgaparṇī* or *ākhuparṇī* because these herbs are capable to expedite the elimination of worms.

क्रिमिरोगारिरसः–

सूतं गन्धं मृतं लौहं मरिचं विषमेव च । धातकी त्रिफला शुण्ठी मुस्तक्वं सरसाञ्जनम् ।।४६।।
त्रिकटु मुस्तकं पाठा बालकं बिल्वमेव च । भावयेत् सर्वमेकत्र स्वरसैर्भृङ्गजैस्ततः ।।४७।।
वटी गुञ्जाप्रमाणेन भक्षणीया विशेषतः । क्रिमिरोगविनाशाय रसोऽयं क्रिमिनाशनः ।।४८।।

46-48. Kṛimirogāri Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, black pepper, purified *vatsanābhaviṣa*, flowers of *dhātakī* plant, *triphalā* herbs (separately), *śunṭhī*, *mustā*, *rasāñjana*, *trikaṭu* herbs (separately), *mustā*, *pāṭhā*, *sugandhabālā*, pulp of unripe *bilva* fruit and juice of *bhṛingarāja*.

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Process of Drug-Making: Take the powder of the following herbs in measurement of 12 gm. each: purified *pārada*, purified *gandhaka*, *lauha bhasma*, black pepper, purified *vatsanābhaviṣa*, flowers of *dhātakī* plant, *triphalā* herbs (separately), *śunṭhī*, *mustā*, *rasāñjana*, *trikaṭu* herbs (separately), *mustā*, *pāṭhā*, *sugandhabālā* and pulp of unripe *bilva* fruit. Process all these herbs through the *bhāvanā* method using the juice of *bhṛingarāja*. After processing, make pills measuring 125 mg. each and dry them under shade. After drying them preserve them in glass containers.

Method of use/Administration: In order to cure disorders caused by worms, this medicine should be taken daily in doses of 125 mg.

[Repeated mention of the ingredients suggest that they are to be taken in double quantity.]

(*Rasendra Sār Sangraha*)

क्रिमिघ्नो रसः–

क्रिमिघ्नं किंशुकारिष्टवीजं सुरसभस्मकम् । बल्लद्वयं चाखुपर्णीरसैः क्रिमिविनाशनः ।।४९।।

49. Kṛimighno Rasa:

Ingredients: *Vayaviḍanga*, seeds of *palāśa*, seeds of *nimba* and *rasa sindūra*.

Process of Drug-Making: Take the powder of the following materials in measurement of 10 gm. each: *vāyaviḍanga*, seeds of *palāśa*, seeds of *nimba* and *Rasa sindūra*. Churn them through mortar into a fine powder. Preserve this powder in glass containers.

Method of use/ Administration and Therapeutic benefits: Taking this medicine in doses of 650 mg. along with the juice of *ākhuparṇī* could treat all worm diseases.

(*Rasendra Sār Sangraha*)

क्रिमिघातिनी वटिका–

शशिलेखा निशाकृष्णाकाम्पिल्लोगिरिमृत्तिका।त्रिवृन्मूलंशिवाबीजं पलाशस्य समं समम् ।।५०।।
सम्मर्द्य वारिणा कार्या चतुर्गुञ्जामिता वटी । हलासं सदनं शोथं शूलक्षवथुपीनसान् ।।५१।।
भक्तद्वेषं ज्वरंकार्श्यंवमनंविड्विबद्धताम् । क्रिमींश्च विंशतिविधान् नाशयेत् क्रिमिघातिनी ।।५२।।

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50-52. Kṛimighātini Vaṭikā:

Ingredients: *Śaśilekha* (*bākuci*), *haridrā*, *pippalī*, *kampilla*, purified *svarṇa gairika*, root of *tṛivṛit*, *haraḍa* and seeds of *plāśa*.

Process of Drug-Making: Take the following ingredients in measurement of 12 gm. each: *śaśilekha* (*vākucī*), *haridrā*, *pippalī*, *kampilla* (*kabeela*), purified *svarṇa gairika*, root of *tṛivṛit*, *haraḍa* and seeds of *plāśa*. Churn all these ingredients into a fine powder. Treat this powder along with water and prepare pills of 500 mg. each. Preserve these pills in glass bottles.

Therapeutic benefits: This medicine is called *Kṛimighātini* and it cures diseases like vomiting, depression, edema (*śotha*), colic pain, sneezing, sinus, headache, fever, weakness, constipation and other 20 types of indispositions related to worms infestation.

(*Rasendra Sār Sangraha*)

विडङ्गलौहम्–

रसं गन्धञ्च मरिचं जातीफललवङ्गकम् । शुण्ठी तालं कणा वङ्गं प्रत्येकं भागसम्मितम् ।।५३।।
सर्वचूर्णसमं लौहं विडङ्गं सर्वतुल्यकम् । लौहं विडङ्गकं नाम कोष्ठस्थक्रिमिनाशनम् ।।५४।।
दुर्नामान्यरुचिञ्चैवमन्दाग्निञ्चविसूचिकाम् । शोथंशूलंज्वरं हिक्कां श्वासं कासं विनाशयेत् ।।५५।।

53-55. Viḍangalauham:

Ingredients: Purified *pārada*, purified *gandhaka*, *marica*, *jātīphala*, *lavaṇa*, *śunṭhī*, purified *haratāla*, *pippalī*, *vangabhasma*, *lauhabhasma* and *vāyaviḍangam*.

Process of Drug-Making: Take the following ingredients in measurement of 1 part each: purified *pārada*, purified *gandhaka*, *marica*, *jātīphala*, *lavaṇa*, *śunṭhī*, purified *haratāla*, *pippalī* and *vangabhasma*, *lauhabhasma* (9 parts) and *vāyaviḍangam* (18 parts). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Churn all these ingredients together and preserve the *kalka* in glass containers.

Method of Use/Administration: Dosage: 500 mg. to 750 mg. along with jaggery and cold water.

Therapeutic benefits: This medicine cures diseases caused by stomach worms. If taken with different *anupāna* it cures disorder like piles, anorexia, weak digestive power, dysentery, edema (*śotha*), colic pain, fever, hiccups, asthma and *kāsa* (coughs).

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हरिद्राखण्डः (पारिभद्रावलेहः)–

स्वरसं पारिभद्रस्य प्रस्थमानीय यत्नतः । तदर्द्धाञ्च सितां दत्त्वा घृतं कुडवसम्मितम् ।।५६।।
प्रस्थार्द्धं रजनीचूर्णं दत्त्वा पाकं समाचरेत् । यदा दर्वीप्रलेपः स्यात्तदैषां चूर्णमाक्षिपेत् ।।५७।।
चित्रकं त्रिफला मुस्तं विडङ्गं कृष्णजीरकम् । यमानीद्वयसिन्धूत्थं निर्गुण्डीफलमेव च ।।५८।।
पाठा विडङ्गकञ्चैव शारिवाद्वयबासकौ । पलाशबीजं व्योषञ्च त्रिवृद्दन्ती सरेणुका ।।५९।।
अरिष्टं सोमराजी च प्रत्येकन्तु द्विकार्षिकम् । ततः शाणमितं खादेत्तोयञ्चानु षिबेन्नरः ।।६०।।
क्रिमींश्च विंशतिविधान् नाशयेन्नात्र संशयः । दुष्टव्रणञ्च कुष्ठञ्च नाडीव्रणभगन्दरौ ।।६१।।
शीतपित्तं विद्रधिञ्च दद्रुं चर्मदलं तथा । अजीर्णं कामलां चैव श्वयथुञ्च विनाशयेत् ।।६२।।
बलपुष्टिकरो ह्येष वलीपलितनाशनः । पारिभद्रावलेहोऽयं सर्वव्याधिनिषूदनः ।।
व्रणिनां हितकामो हि प्राह नागार्जुनो मुनिः ।।६३।।

56-63. Haridrākhanḍa (Pāribhadrāvaleha):

Ingredients: Juice of *pāribhadraka*, jaggery, cow's *ghṛitam*, *haridrā*, root of *citraka*, *tṛiphalā* herbs, *mustaka*, *vāyaviḍangam*, black cumin seeds, caraway seeds, *ajamodā*, rock salt, fruit of *nirgunḍī*, *pāṭhā*, *vidgam*, the two *śārivā* herbs [i. e. combination of *śveta anantamūla* (*gourīsar*) and *kṛiṣṇa anantamūla* (*kālisar*)] root or *pañcānga* of *aḍuṣā*, seeds of *palāśa* (*ḍhāk*), *vyoṣa* (mixture of dried ginger, *marica* and *pippalī*), root of *tṛivṛit* (*niśotha*), root of *dantī*, *hareṇukā*, bark of *nimba* and *vākucī*.

Process of Drug-Making: Cook the following materials in a metallic pan: juice of *pāribhadraka* (750 ml.) along with jaggery (375 mg.), cow's *ghṛitam* (185 gm.) and *haridrā* (375 gm.). When the preparation becomes sticky add to them the following herbs each measuring 20 gm.: root of *citraka*, *tṛiphalā* herbs, *mustaka*, *vāyaviḍangam*, black cumin seeds, caraway seeds, *ajamodā*, rock salt, fruit of *nirgunḍī*, *pāṭhā*, *viḍangam*, the two *śārivā* herbs [i. e. combination of *śveta anantamūla* and *kṛiṣṇa anantamūla*] root or *pañcānga* of *aḍuṣā*, seeds of *palāśa* (*dhak*), *vyoṣa* (mixture of dried ginger, *marica* and *pippalī*), root of *tṛivṛit* (*niśotha*), root of *dantī*, *hareṇukā*, bark of *nimba* and *vākucī*. Churn all the ingredients properly and fill them into jars or glass containers.

Method of use/Administration: Drink lukewarm water after taking this medicine in doses of 4 gm.

Therapeutic benefits: This medicine cures 20 types of diseases related to worms and the disorder generated by them as well as such diseases as *duṣṭa varṇa*, *kuṣṭha* (skin diseases including leprosy), *nāḍivarṇa*, *bhagandara*, *śītpitta*, *vidradhi*, dadru (ring worm), skin problems, indigestion, jaundice and edema

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(*śotha*). It also increases strength and stamina and removes the disease *vali palit*. Depending on the different *anupānas* this drug can remove all kinds of diseases. This drug has been prepared by sage *Nāgarjuna* for the benefit of mankind who suffered from wounds.

पारिभद्रकावलेहः (द्वितीयः)–

पलाशबीजं द्विपलं क्रिमिशत्रुस्ततः पृथक् । इन्द्रबीजं लवङ्गं च त्वगेला गजपिप्पली ।।६४।।
पत्रं शुण्ठी च मरिचं टङ्गं चित्रकमुस्तके । तुगाक्षीरी पिप्पली च विडसैन्धवचूर्णकम् ।।६५।।
रेणुकाऽऽमलकी पथ्या बिभीतकमथोजलम् । शैलजं च तथा लौहमभ्रं वङ्गं सुचूर्णितम् ।।६६।।
प्रत्येकमेषां संग्राह्यं तोलकद्वयसंमितम् । मन्दारपत्रस्वरसं प्रस्थमात्रं भिषग्वरः ।।६७।।
शरावमात्रं गोमूत्रं सर्वमेकत्र पाचयेत् । शीते च माक्षिकं तत्र देयं द्विपलसंमितम् ।।६८।।
ततोऽक्षमात्रां तु पिबेन्मानवस्तेन तस्य हि । क्रिमयश्चाशु नश्यन्ति शूलं वमनमेव च ।।६९।।
मन्दाग्निश्वासकासाश्चारोचकं दुष्टिरस्रजा । सेवनादस्य नितरां बलं वर्णश्च जायते ।।७०।।

64-70. Pāribhadrakāvaleha (Second recipe):

Ingredients: Seeds of *palāśa* (*ḍhāk*), *vāyaviḍangam*, *indrayava*, *lavaṇa*, cinnamon bark, smaller cardamom, *gajapippalī*, cassia leaves, dried ginger, black pepper, purified borax, root of *citraka*, *mustaka*, *vanśalocana*, *pippalī*, *viḍa lavaṇa*, rock salt, *hareṇukā*, *āmalikā*, *haraḍa*, *vibhītika*, *sugandhabālā*, *śilārasa*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, juice of *madār* leaves, cow urine and honey.

Process of Drug-Making: Take the following materials: seeds of *palāśa* and *vāyaviḍangam* (100 gm. each), 20 gm. each of *indrayava*, *lavaṇa*, cinnamon bark, smaller cardamom, *gajapippalī*, cassia leaves, dried ginger, black pepper, purified borax, root of *citraka*, *mustaka*, *vanśalocana*, *pippalī*, *viḍa lavaṇa*, rock salt, *hareṇukā*, *āmalikā*, *haraḍa*, *vibhītika*, *sugandhabālā*, *śilārasa*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, juice of *arka* leaves (750 ml.) and cow urine (375 ml.). Churn and filter all the wooden herbs and apply it in form of a paste on the metallic pan along with rest of dried ingredients. When the preparation takes the form of confection remove it from the stove and allow it to get cool. Finally store it mixing with 95 gm. of honey into jars and glass containers.

Method of use/Administration: This medicine should be consumed in doses of 5 gm. to 10 gm. along with water.

Therapeutic benefits: This medicine cures serious worm diseases and its related disorders like colic pain, vomiting, weak digestion, asthma, *kāsa* (coughs),

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anorexia and other blood problems. This medicine also increases strength and stamina.

त्रिफलाद्यं घृतम्–

त्रिफला त्रिवृतादन्ती वचा कम्पिल्लकं तथा । सिद्धमेभिर्गवां मूत्रे सर्पिः क्रिमिविनाशनम् ।।७१।।
सर्वान् क्रिमीन् प्रणुदति वज्रं मुक्तमिवासुरान् ।।७२।।

71-72. Triphalādya Ghritam:

Ingredients: *Mūrcchita Ghritam*, *triphalā*, *trivrit*, *dantī*, *vacā*, *kampillaka* and cow's urine.

Process of Drug-Making: *Mūrcchita Ghritam* (1 kg.) should be boiled with *kalka* of *triphalā*, *trivrit*, *dantī*, *vacā* and *kampillaka* (50 gm. each) along with cow's urine (4 litres).

Therapeutic benefits: Intake of this medicated *ghritam* destroys parasites. It removes worms as effectively as the *vajra* eliminates the demons.

(Cakradatt)

विडङ्गघृतम्–

त्रिफलायास्त्रयः प्रस्था विडङ्गप्रस्थ एव च । दीपनं दशमूलञ्च लाभतः समुपाचरेत् ।।७३।।
पादशेषे जलद्रोणे शृते सर्पिर्विपाचयेत् । प्रस्थोन्मितं सिन्धुयुतं तत्परं क्रिमिनाशनम् ।।७४।।
विडङ्गघृतमेतद्धि लेह्यं शर्करया सह । सर्वान् क्रिमीन् प्रणुदति वज्रं मुक्तमिवासुरान् ।।७५।।

73-75. Viḍanga ghrita:

Ingredients: *Triphalā* herbs, *viḍanga*, *pañcakola* herbs, *daśamūla* herbs, rock salt, *vāyaviḍanga* and *mūrcchita ghrita*.

Process of Drug-Making: Take three *prasthas* (=2250 gm.) of *triphalā* herbs, one *prastha* (=750 gm.) of *viḍanga*, *pañcakola* herbs and *daśamūla* herbs (the last two herbs in combined quantity) and coarsely powder them. Boil them together in 26 litre measure of water till one fourth of the original remains. Add to this decoction *kalkas* of rock salt and *vāyaviḍanga* (each measuring 95 gm.) and 1 kg. of *mūrcchita ghrita* and cook the preparation.

Method of use/Administration: This medicine is taken in doses of 5 gm. to 10 gm. 1along with sugar.

Therapeutic benefits: This medicine destroys all types of parasites as the *vajra* eliminates all kinds of demons.

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विडङ्गतैलम्–

सविडङ्गगन्धकशिलासिद्धंसुरभीजलेनकटुतैलम्। आजन्मनयतिनाशंलिक्षासहिताश्चयूकाश्च ।।७६।।

76. Viḍangatailam:

Ingredients: *Vāyaviḍangam*, *gandhaka*, *śila* (*manahśilā*), *mūrcchita* mustard oil and cow's urine.

Process of Drug-Making: Take about 250 gm. measure of *kalka* of *vāyaviḍangam*, *gandhaka*, *śila* (*manahśilā*) and *mūrcchita* mustard oil (1.25 litre approx.) and mix it with cow's urine (4.25 litre approx.) to get it medicated.

Therapeutic benefits: Application of this oil on head would remove *danḍruff* and *yūka*.

(Cakradatt)

विडङ्गाद्यं तैलम्–

तुलामानं विडङ्गस्य सोमवल्ल्याः पलं शतम् । जलद्रोणे विपक्तव्यं चतुर्भागावशेषितम् ।।७७।।
एतत्क्वाथे पचेत्तैलं द्वात्रिंशत्पलमानकम् । विडङ्गो वारुणी वह्निर्लाङ्गली च प्रसारिणी ।।७८।।
दासी कुरण्टकश्चैव कट्फलस्त्र्यूषणं वरा । रास्ना चैरण्डमूलञ्च प्रत्येकं शुक्तिसम्मितम् ।।७९।।
कल्कार्थं दीयते तत्र शनैर्मृद्वग्निना पचेत् । कोठकण्डूज्वरानाहहृल्लासारुचिपीनसान् ।।८०।।
ग्रहणीपाण्डुतामूर्च्छाः कृमींश्चान्तर्बहिश्चरान् । विडङ्गाद्यमिदं तैलं नाशयेन्नात्र संशयः ।।८१।।

77-81. Viḍangādyam Tailam:

Ingredients: *Vāyaviḍangam*, *somavallī*, *mūrcchita* mustard oil, *vāyaviḍangam*, root of *indrayava*, root of *citraka*, root of *lānglī*, root of *prasāriṇī*, *nīla jhinṭi*, *pīta jhinṭi*, *kaṭphala*, *ṭrikaṭu*, *ṭriphalā*, *rāsnā* and root of *eraṇḍa*.

Process of Drug-Making: Coarsely powder *vāyaviḍangam* (5 kg.) and *somavallī* (5 kg.) and prepare their decoctions after churning them separately in warm water (26 litres). Filter both the decoctions once they are reduced to one fourth in quantity. Take a metallic pan and fill it with the decoctions along with *mūrcchita* mustard oil (1.5 litres), *vāyaviḍangam*, root of *indrayava*, root of *citraka*, root of *lānglī*, root of *prasāriṇī*, *nīla jhinṭi*, *pīta jhinṭi*, *kaṭphala*, *ṭrikaṭu*, *ṭriphalā*, *rāsnā*, root of *eraṇḍa* each measuring 23 gm. and prepare a *kalka* out of it. Cook the *kalka* on a slow heat. Once cooked, filter it and let it cool down.

Therapeutic benefits: This medicine cures disorders like *koṣṭha* (a kind of indigestion), *kanḍu*, fever, *anah*, *hrallas* (vomitting tendencies), anorexia, *pīnas* (sinus), *sangrahaṇī* (sprue), anemia, fainting, internal worms and external worms and its related problems.

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धुस्तूरतैलम्–

धुस्तूरपत्रकल्केन तद्रसेन च साधितम् । तैलमभ्यङ्गमात्रेण यूकां नाशयति ध्रुवम् ।।८२।।

82. Dhustūrtailam:

Ingredients: *Mūrcchita* mustard oil, *kalka* of *dhustūra* leaves and juice of leaves of *Dhustūra*.

Process of Drug-Making: Obtain 1 litre of *mūrcchita* mustard oil, *kalka* of *dhatūra* leaves (250 gm.), juice of leaves of *dhustur* (4 litres) and cook the preparation methodically.

Therapeutic benefits: This medicine if used like an ointment. It will definitely eliminate *yūka* (lice).

क्रिमिरोगे पथ्यानि–

आस्थापनं कायशिरोविरेचनंधूमः कफघ्नानि शरीरमार्जनाः ।
चिरन्तना वैणवरक्तशालयःपटोलवेत्राग्ररसोनवास्तुकम् ।।८३।।

Helpful diets:

83. Application of *āsthāpan basti*, *virecankarma*, *virecana* (purgation), *śirovirecana*, smoke treatment, bitter, sour and hot eatables that controls *kapha* contents, massage that revitalises the body, *utasādan*, rice of red *śāli* variety, leaves of *paṭola*, leaves of the shoots of bamboo, garlic pearls and leaves of *vāstuka*, all these forms a very useful diet.

हुताशमन्दारदलानि सर्षपानवीनमोचं बृहतीफलानि ।
तिक्तानि नाडीचदलानि मौषिकंमांस विडङ्गं पिचुमर्दपल्लवम् ।।८४।।

84. Vegetable leaves of *citraka*, *arka* plant, mustard plant, vegetable of unripe banana fruits, bitter vegetables, vegetable leaves of *nāḍīca*, meat of mouse, vegetable leaves of *vāyaviḍangam* and *neem* are useful diets for those indisposed due to worm infestation.

पथ्या च तैलं तिलसर्षपोद्भवंसौवीरशुक्तञ्च तुषोदकं मधु ।
पचेलिमं तालमरुष्करं गवांमूत्रञ्च ताम्बूलसुरामृगाण्डजम् ।।८५।।

85. *Haraḍa*, oils of sesame and mustard, *sauvīra*, *śukta*, *tuṣodaka*, honey, ripe palm fruits, purified *bhallātaka*, cow's urine, betel leaves, liquor and *kastūrī* are very useful.

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औष्ट्राणि मूत्राज्यवयांसि रामठंक्षाराजमोदाखदिरञ्च वत्सकम् ।
जम्बीरनीरं सुषवी यवानिका साराः सुराह्वागुरुशिंशपोद्भवाः ।।८६।।

86. Urine of she-camel, *ghṛita* and milk, asafoetida fried in *ghṛita*, *yavakṣāra*, *ajmodā*, *khadira*, *indrayava*, juice of *jambīra* lemon, vegetable leaves of *kārvellaka*, caraway seeds, *agar*, *śinśapa* and its abstracts are also beneficial.

भोजन-व्यवस्था–

प्रत्यहं कटुकं तिक्तं भोजनं कफनाशनम् । कृमीणां नाशनं रुच्यमग्निसन्दीपनं परम् ।।८७।।

87. The intake of sour, bitter and pungent juices are beneficial for the patients suffering from worm diseases.

अपथ्यानि–

छर्दिञ्च तद्वेगविधारणञ्च विरुद्धपानाशनमह्नि निद्राम् ।
द्रवं च पिष्टान्नमजीर्णताञ्च घृतानि माषान् दधिपत्रशाकम् ।।८८।।

88. One should take daily the eatables that have sour, bitter and pungent taste and the meals that control *kapha*. The stomachiac and tasteful meals are also suggested.

मांसं पयोऽम्लं मधुरं रसं च कृमीञ्जिघांसुः परिवर्जयेच्च ।।८९।।

89. Avoidable meals in cases of worm - infestation: One should avoid meals and medicines that cause vomiting. However, one should not hold the vomitting if appearing on its own. Incompatible meals like fish and milk taken together should be avoided. Like wise one should not sleep in daytime, excessive intake of liquid *kalka* based meals are also forbidden. Pulse beans of *urada*, curd, spinach, meat, milk of animals other than camel and sweet items are also prohibited.

इति भैषज्यरत्नावल्यां क्रिमिरोगचिकित्साप्रकरणम् ।।११।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषा टीकायां कृमिरोगचिकित्साप्रकरणम् ।।११।।

End of the Chapter 11 of Bhaiṣajya Ratnāvalī with Commentary

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अथ पाण्डुरोगचिकित्साप्रकरणम् १२

Chapter 12
Pāṇḍu Roga (Anemia)

This is a disease in which the colour of the patient changes to pale due to significant qualitative or quantitative reduction in the red blood cells. In *Pāṇḍu Roga*, manifestations include pallor, easy fatigue and breathlessness on exertion, giddiness, palpitation and loss of appetite. Other symptoms of anemia include diminished digestive power, aversion of food, excessive salivation, disliking for cold things, and pain and cramps in limbs.

साध्यन्तु पाण्ड्वामयिनं समीक्ष्य स्निग्धं घृतेनोर्ध्वमधश्च शुद्धम् ।
सम्पादयेत् क्षौद्रघृतप्रगाढैर्हरीतकीचूर्णमयैः प्रयोगैः ।।१।।

1. After ascertaining his strength, the patient of *pāṇḍu* (anemia) should be given *snehana* (oil therapy) by the administration of *ghṛitam*. Thereafter, *vamana* and *virecana* (purgation) therapies should be administered with the powder of *harītakī* mixed with honey and *ghṛitam* in liberal quantity for upward and downward cleansing of his body.

घृतप्रयोगः–

पिबेद् घृतं वा रजनीविपक्वंयत्रैफलं तैन्दुकमेव वाऽपि ।
विरेचनद्रव्यघृतं पिबेद्वा योगांश्च वैरेचनिकान् घृतेन ।।२।।

2. For *virecana* (purgation), the following recipes may be used: (1) *Ghṛitam* cooked along with *rajanī*; (2) *Ghṛitam* cooked along with *kalka* of *tṛiphalā* or *tinduka*; and (3) Purgative herbs like *tṛivṛit* and *jayapāla* boiled with *ghṛitam*.

हेतुविपरीतचिकित्साक्रमः–

विधिः स्निग्धस्तुवातोत्थेतिक्तशीतस्तुपैत्तिके । श्लैष्मिकेकटुरुक्षोष्णःकार्यो मिश्रस्तु मिश्रके ।।३।।

3. In *vaṭīka* type of anemia, unctuous things should be used. In *paittika* type of anemia, bitter and cold edibles should be used. In *ślaiṣmika* type of anemia, pungent, inunctions and hot things should be used. In anemia due to disorder in all the three *doṣas* one should use such herbs and formulas that control all the *doṣas*.

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गुडहरीतकी–

पाण्डुरोगे सदा सेव्या सगुडा च हरीतकी ।।४।।

4. The power of *haraḍa* (*Harītakī*) properly mixed with old jaggery should be consumed in doses of 12-24 gm. every day to control anemia.

त्रिफलाक्वाथः (वातजपाण्डुरोगे)–

त्रिफलाक्वथितं तोयं सघृतंचसशर्करम्। वातपाण्ड्वामयी पीत्वा स्वास्थ्यमाशु व्रजेद् ध्रुवम् ।।५।।

5. The decoction of *triphalā* herbs (*āmalakī*, *harītakī* and *vibhītaka*) (25 ml.) should be taken after mixing it with *ghṛitam* (clarified butter) (25 gm.) and jaggery (10 gm.). It cures the *vāta* related anemic cases.

पित्तज-कफज-पाण्डुरोगयोश्चिकित्सा–

द्विशर्करं त्रिवृच्चूर्णं पलार्द्धं पैत्तिके पिबेत् । कफपाण्डौ च गोमूत्रक्लिन्नयुक्तां हरीतकीम् ।।६।।
नागरंलौहचूर्णंवाकृष्णांपथ्यांतथाऽश्मजम् । गुग्गुलं वाऽथ मूत्रेण कफपाण्ड्वामयी पिबेत् ।।७।।

6-7. In *paittika* type of anemia, 8 gm. of the powder of *trivṛit* added with double the quantity of sugar (i.e. 16 gm.) should be taken.

In *kaphaja* type of anemia the following four types of recipes could be taken:

a). *Harītakī* (10 gm. to 20 gm.) boiled with cow's urine should be taken.

b). *Nāgara* (5 gm.) mixed with *lauha bhasma* (1 gm.).

c) *Kṛiṣṇā* or *pathyā* (5 gm.) and *aśmaja* (5 gm.)

d). *Guggulu* (4 gm.) triturated with cow's urine for seven days.

(Cakradatt)

लौहभस्म प्रयोगः–

सप्तरात्रं गवां मूत्रे भावितं वाऽप्ययोरजः । पाण्डुरोगप्रशान्त्यर्थं पयसाऽथ पिबेन्नरः ।।८।।

8. *Lauha bhasma*, impregnated with cow's urine and churned under sun for seven consecutive days, should be given with milk for the cure of anemia. The medicine should be taken in doses of 125-500 mg. along with milk.

(Cakradatt)

अयस्तिलादिमोदकः–

अयस्तिलत्र्यूषणकोलभागैः सर्वैः समं माक्षिकधातुचूर्णम् ।
तैर्मोदकः क्षौद्रयुतोऽनुतक्रः पाण्डवामये दूरगतेऽपि शस्तः ।।९।।

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9. Ayastilādi Modaka:

Take 5 gm. measure each of the *lauhabhasma*, *tila* and *tryūṣṇa* herbs and powder of the dried *kola* (*badarī*) fruits and 20 gm. measure of *mākṣika bhasma*. Mixing all of them together with honey (40 gm.), *modakas* (large size bolus) should be made out of the mix. Intake of this followed by butter-milk is useful even in chronic condition of anemia.

(Cakradatt)

लौहपात्रशृतदुग्धपानोपदेशः–

लौहपात्रे शृतं क्षीरं सप्ताहं पथ्यभोजनम् । पिबेत्पाण्ड्वामयी शोषी ग्रहणीदोषपीडितः ।।१०।।

10. One should boil milk mixed with equal parts of water in an iron pot so long as the original amount of the liquid is reduced to half. Taking this milk as meal checks anemia as well as consumption and sprue syndrome.

(Cakradatt)

अयोमलप्रयोगः–

अयोमलन्तु सन्तप्तं भूयो गोमूत्रशोधितम् । मधुसर्पिर्युतं चूर्णं सह भक्तेन योजयेत् ।।
दीपनं चाग्निजननं शोथपाण्ड्वामयापहम् ।।११।।

11. *Manḍūra* should be heated and immersed in cow's urine. This (in *bhasma* form) should be taken along with honey and *ghṛitam* by mixing with the regular meals. This stimulates the power of digestion, promotes digestive enzymes and cures edema and anemia.

Dosage: 1 gm. to 2 gm.

(Cakradatt)

कामलायां विधिः–

रेचनं कामलार्त्तस्य स्निग्धस्यादौ प्रयोजयेत् । ततः प्रशमनी कार्या क्रिया वैद्येन जानता ।।१२।।

Treatment of Jaundice:

12. The patient of jaundice should be treated with the administration of *virecana* (purgation) therapy using the *pañcagavya*, and *ghṛita* treated with *mahātikta Kalyāṇakādi* herbs. Following *virecana* (purgation) he should be treated with the drugs prescribed for the disease.

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त्रिफलादिस्वरसः कामलापहः–

त्रिफलायागुडूच्यावादार्व्यानिम्बस्य वा रसः । प्रातर्माक्षिकसंयुक्तः शीलितः कामलापहः ।।१३।।

13. Jaundice is also cured by taking the juice of the *triphalā* herbs or juices of *guḍūcī*, *dāru haridrā* or the leaves of *neem*. Juice of any of these herbs should be taken in doses of 10 ml. along with equal part of honey.

(Cakradatt)

द्रोणपुष्पीरसाञ्जनम्–

अञ्जनं कामलार्त्तस्य द्रोणपुष्पीरसः स्मृतः ।।१४।।

14. A patient of jaundice should use the juice of *droṇa puṣpī* as eye drop.

(Cakradatt)

निशाद्यञ्जनम्–

निशागैरिकधात्रीणां चूर्णं वा सम्प्रकल्पयेत् ।।१५।।

15. Use of the mix of the powder of *niśā*, *gairika* and *dhātrī* as *añjana* is also useful in this condition.

(Cakradatt)

नस्यद्वयम्–

नस्यं कर्कोटमूलं वा घ्रेयं वा जालिनीफलम् ।।१६।।

16. Administration of nasal therapy with powder of the root of *karkoṭa* or fruit of *jālini* is also effective in checking jaundice.

(Cakradatt)

कामलिनां त्रिभण्ड्यादियोगत्रयम्–

सशर्करा कामलिनां त्रिभण्डी हिता गवाक्षी सगुडा च शुण्ठी ।।१७।।

17. Take the powder of the root of plant *niśotha* in one part and sugar in two parts. Or one should take the powder of root of plant *indrayava* or powder of dried ginger along with raw sugar.

(Suṣruta)

मण्डूरप्रयोगः कुम्भकामलाहरः–

दग्ध्वाऽक्षकाष्ठैर्मलमायसन्तु गोमूत्रनिर्वापितमष्टवारान् ।
विचूर्ण्य लीढं मधुनाऽचिरेण कुम्भाह्वयं पाण्डुगदं निहन्ति ।।१८।।

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18. *Manḍūra* should be burnt over the fire of the wood of *akṣa* and immersed in cow's urine for eight times. Powder (*bhasma*) of this drug should be mixed with honey and taken in doses of 500 mg. to 1250 mg. This instantaneously cures *kumbha kamala* (a serious type of jaundice) and anemia.

(Cakradatt)

पाण्डुरोगक्रियांसर्वांयोजयेच्चहलीमके । कामलायाञ्च या दृष्टा साऽपि कार्या भिषग्वरैः ।।१९।।

19. Therapies and recipes prescribed for the treatment of anemia and jaundice are also useful in the treatment of *halīmaka* (a serious type of jaundice). The expert physician should use them suitably.

हलीमकचिकित्सा (भा. प्र.)–

Treatment of halīmaka (a serious type of jaundice):

मारितं चायसं चूर्णं मुस्ताचूर्णेन संयुतम् । खदिरस्य कषायेण पिबेद्धन्तुं हलीमकम् ।।२०।।
सितातिलबलायष्टित्रिफलारजनीयुगैः । लौहं लिह्यात् समध्वाज्यं हलीमकनिवृत्तये ।।२१।।

20-21. In order to cure *halīmaka*, patient should be treated with decoction prepared out of the powder of *lauha bhasma* (100 gm.) and *mustā* (100 gm.) treated in decoction of *khadir* (40 ml.). 2. Take the powders of white sugar, black sesame seeds, *balā*, *madhuyaṣṭī*, *triphalā* (*āmalakī*, *haraḍa*, *vibhītaka*), *haridrā*, *dāruharidrā* (10 gm. each) and mix it with *lauha bhasma* (90 gm.). This mixture should be licked with honey or cow *ghṛita* in appropriate quantity. This medicine is very beneficial in curing *halīmaka* disease.

Dosage: 1 gm.

(*Bhāvaprakāśa*)

फलत्रिकादिक्वाथः–

फलत्रिकामृतावासातिक्ताभूनिम्बनिम्बजैः । क्वाथःक्षौद्रयुतोहन्यात् पाण्डुरोगं सकामलम् ।।२२।।

22. Phalatṛikādi Kvātha:

Ingredients: *Tṛiphalā* herbs, *aḍuṣā*, *guḍūcī*, *kaṭukī*, *bhū-nimba*, bark of *neem* tree and water.

Process of Drug-Making: Obtain equal parts of the *tṛiphalā* herbs, *aḍuṣā*, *guḍūcī*, *kaṭukī*, *bhū-nimba* and the bark of *neem* tree. Thus raise 20 gm. of their combined mix. Processing this mix in hand mortar and decoct the mixture along

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with water 16 times greater in weight. Decoct the preparation so long as it is reduced to one forth of the original.

Method of use/Administration: When the decoction becomes cold consume the medicine along with honey.

Therapeutic benefits: This medication cures jaundice and anemia.

(Cakradatt)

वासाऽऽदिकषायः–

वासाऽमृतानिम्बकिरातकट्वीकषायकोऽयं समधुर्निपीतः ।
सकामलं पाण्डुमथास्रपित्तं हलीमकं हन्ति कफादिरोगान् ।।२३।।

23. Vasādi Kāṣāya:

Ingredients: Bark of *aḍuṣā*, *amṛitā*, bark of *neem* tree, *kirātatikta* and *kaṭukī*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Method of use/Administration: Consume it in doses of 20 ml. along with honey.

Therapeutic benefits: This medication cures jaundice and other cough-related diseases.

विशालादिचूर्णम् (च. द.)–

विशालाकटुकामुस्तकुष्ठदारुकलिङ्गकाः । कर्षांशा द्विपिचुर्मूर्वा कर्षार्द्धा च घुणप्रिया ।।२४।।
पीत्वा तच्चूर्णमम्भोभिः सुखं लिह्यात्ततो मधु । पाण्डुरोगं ज्वरं दाहं कासं श्वासमरोचकम् ।
गुल्मानाहामवातांश्च रक्तपित्तं च तज्जयेत् ।।२५।।

24-25. Viśālādi Cūrṇam:

Ingredients: *Viśālā*, *kaṭuka*, *mustā*, *kuṣṭha*, *dāru*, *kalingaka*, *ativiṣā*, both the types of *picu*, *mūrvā* and *ghunapriyā*.

Process of Drug-Making: Get 20 gm. each of the *viśālā*, *kaṭuka*, *mustā*, *kuṣṭha*, *dāru*, *kalingaka*, *ativiṣā*, both the types of *picu* (20 gm. each), *mūrvā* and *ghunapriyā* (10 gm. each) and powder them together.

Method of use/Administration: This powder should be taken in doses of 2 gm. to 3 gm. by mixing it with honey.

Therapeutic benefits: It cures anemia, fever, burning sensation, *kāsa* (coughs), asthma, anorexia, *gulma* (phantom tumour), *ānāha* (wind formation in

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the stomach associated with constipation), *vāta roga* and *rakta pitta* (a condition characterized by bleeding from different parts of the body).

(Cakradatt)

दार्व्यादिलेहाः (च. द.)–

दार्वी सत्रिफला व्योषविडङ्गान्ययसो रजः । मधुसर्पिर्युतं लिह्यात् कामलापाण्डुरोगवान् ।।२६।।
तुल्याश्चायोरजःपथ्याहरिद्राःक्षौद्रसर्पिषा । चूर्णिताःकामलीलिह्याद् गुडक्षौद्रेण वाऽभयाम् ।।२७।।

26-27. Dārvyādi leha:

Ingredients: *Dāru haridrā*, each of the *tṛiphalā* herbs, dried ginger, *marica*, *vāyaviḍanga*and *lauha bhasma*).

Process of Drug-Making: Take equal parts of *dāru haridrā*, each of the *tṛiphalā* herbs, dried ginger, *marica*, *vāyaviḍanga* and *lauha bhasma* and mix them in the hand-mortar.

Method of use/Administration: Take 500 mg. doses of this powder with 12 to of honey and 6 gm. of *ghṛita*, daily. Similarly the *lauhabhasma*, *haraḍa* and turmeric mixed properly can be taken with honey and *ghṛitam* in unequal parts. One can, besides, lick the power of *haraḍa* with raw sugar or honey.

Therapeutic benefits: This medication cures jaundice and anemia.

(Cakradatt)

नवायसलौहम्–

त्र्यूषणत्रिफलामुस्तविडङ्गचित्रकाः समाः । नवायोरजसो भागास्तच्चूर्णं मधुसर्पिषा ।।
भक्षयेत् पाण्डुहृद्रोगकुष्ठार्शःकामलापहम् ।।२८।।

28. Navāyasalauham:

Ingredients: Dried ginger, *marica*, pepper, *tṛiphalā* herbs, *mustaka*, *vāyaviḍanga*, *citraka* and *lauhabhasma*.

Process of Drug-Making: Obtain in equal parts these herbs: dried ginger, *marica*, pepper, *tṛiphalā* herbs, *mustaka*, *vāyaviḍanga*and *citraka* and grind and mix them in the hand mortar. Mix into the preparation *lauhabhasma* half in their combined weight.

Method of use/Administration: This recipe should be taken in doses of 1 gm. with honey and *ghṛita* (measuring half of the amount of honey).

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Therapeutic benefits: This checks anemia, *kuṣṭha*, piles, jaundice and the like.

(Caraka)

निशालौहम्–

लौहचूर्णं निशायुग्मं त्रिफलारोहिणीयुतम् । प्रलिह्यान्मधुसर्पिर्भ्यां कामलापाण्डुशान्तये ।।२९।।

29. Niśālauham:

Ingredients: *Lauha bhasma*, *haridrā*, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī* and *kaṭukī*.

Process of Drug-Making: Take 300 gm. of *lauha bhasma* and 50 gm. each of *haridrā*, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī* and *kaṭukī*. Churn all these ingredients in mortar and preserve them in glass containers.

Method of use/ Administration and Therapeutic benefits: If this medicine is taken in doses of 250 mg. to 500 mg. along with honey or *ghṛita* it would cure diseases like jaundice and anemia.

(*Rasendra Sār Sangraha*)

धात्रीलौहम्–

धात्रीलौहरजोव्योषनिशाक्षौद्राज्यशर्कराः । लेहो निवारयत्याशु कामलामुद्धतामपि ।।३०।।

30. Dhātrīlauham:

Ingredients: *Āmalakī*, *lauha bhasma*, dried ginger, black *marica*, pepper and turmeric.

Process of Drug-Making: Take in equal parts *āmalakī*, *lauha bhasma*, dried ginger, black *marica*, pepper and turmeric and power them thoroughly.

Method of use/Administration: About 250 mg. to 500 mg. of this mixture should be mixed with honey (12 gm.), *ghṛita* (6 gm.) and raw sugar (12 gm.).

Therapeutic benefits: This recipe very effectively checks even sevre types of jaundice.

(Cakradatt)

विडङ्गादिलौहम्–

विडङ्गत्रिफलाव्योषं शुद्धलौहन्तु तत्समम् । पुरातनगुडेनैव लेहयेद्दिनसप्तकम् ।।
श्वयथुं नाशयेच्छीघ्रं पाण्डुरोगं हलीमकम् ।।३१।।

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31. Viḍangādi Lauham:

Ingredients: *Vāyaviḍanga*, *tṛiphalā* herbs, dried ginger, black *marica*, pepper and *lauhabhasma*.

Process of Drug-Making: Obtain 50 mg. measure each of *vāyaviḍanga*, *tṛiphalā* herbs, dried ginger, black *marica* and pepper and add to thus *lauhabhasma* measuring 350 gm. (i.e. their combined weight). Powder these mixture properly in the hand-mortar.

Method of use/ Administration and Therapeutic benefits: One should take 250 mg. to 500 mg. of this mixture with old raw jaggery to cure anemia and related ailments.

(*Rasendra Sār Sangraha*)

विडङ्गादिलौहम् (द्वितीयम्) (च. द.)–

विडङ्गमुस्तत्रिफलादेवदारुषडूषणैः । तुल्यमात्रमयश्चूर्णं गोमूत्रेऽष्टगुणे पचेत् ।।३२।।
तैरक्षमात्रां गुडिकां कृत्वा खादेद्दिने दिने । कामलापाण्डुरोगार्त्तः सुखमापद्यतेऽचिरात् ।।३३।।

32-33. Viḍangādi Lauham (Second Recipe):

Ingredients: *Tṛiphalā* herbs, *vāyaviḍanga*, *mustā*, *devadāru*, pepper, *pippalīmūla*, *cavya*, *citraka*, dried ginger, black pepper, *lauha bhasma* and cow-urine.

Process of Drug-Making: Take 10 gm. measure each of the *tṛiphalā* herbs, *vāyaviḍanga*, *mustā*, *devadāru*, pepper, *pippalīmūla*, *cavya*, *citraka*, dried ginger, and black pepper and add to them *lauha bhasma* (120 gm.). Put these items in an iron pot and add cow-urine (2 litres) to them. This preparation should be decocted up to the saturation point. Make pills measuring 250 mg. to 500 mg. from this preparation.

Method of use/Administration: Use two pills daily.

Therapeutic benefits: The medicine cures jaundice and anemia instantaneously.

अष्टादशाङ्गलोहम् (भा. प्र.)–

किराततिक्तासुरदारुदार्वीमुस्तागुडूचीकटुकापटोलम् ।
दुरालभा पर्पटकं सनिम्बंकटुत्रिकं वह्निफलत्रिकञ्च ।।३४।।
फलं विडङ्गस्य समांशकानि सर्वैः समं चूर्णमथायसञ्च ।

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सर्पिर्मधुभ्यां वटिका विधेया तक्रानुपानाद् भिषजा प्रयोज्या ।।३५।।
निहन्ति पाण्डुञ्च हलीमकञ्च शोथं प्रमेहं ग्रहणीरुजञ्च ।
श्वासञ्च कासञ्च सरक्तपित्तमर्शांस्यथो वाग्ग्रहमामवातम् ।।
व्रणांश्च गुल्मान् कफविद्रधींश्च श्वित्रञ्च कुष्ठञ्च ततः प्रयोगाद् ।।३६।।

34-36. Aṣṭādaśānga Lauham:

Ingredients: *Kirātatikta*, *devadāru*, *dāru haridrā*, *mustā*, *guḍūcī*, *kaṭukī*, *paṭola*, *durālabhā*, *parpaṭaka*, bark of *neem*, dried ginger black *marica*, pepper, roots of *citraka*, ginger *triphalā*, *vāyaviḍanga*, *lauha bhasma*, *ghṛitam* and honey.

Process of Drug-Making: Obtain 10 gm. measure each of *kirātatikta*, *devadāru*, *dāru haridrā*, *mustā*, *guḍūcī*, *kaṭukī*, *paṭola*, *durālabhā*, *parpaṭaka*, bark of *neem*, dried ginger black *marica*, pepper, roots of *citraka*, ginger *triphalā* and *vāyaviḍanga*. Add to preparation *lauhabhasma* of their combined weight (i.e. 180 gm.) and process the mixture properly in hand mortar. Add *ghṛitam* and honey to the combination till they saturate. Make small pills measuring 250 mg. each.

Method of use/Administration: Take one pill daily with buttermilk.

Therapeutic benefits: This medicine checks *pāṇḍu*, *halīmaka*, *śotha*, *parmeha*, *grahaṇī*, *śavaśa*, *raktapitta*, all types of piles, problems of speech, *āmavāta*, *vraṇa*, *gulma*, *vidradhi*, *śvitra* and *kuṣṭha*.

(*Bhāvaprakāśa*)

दार्व्यादिलौहम् (र. सा. सं.)–
दार्वी सत्रिफला व्योषविडङ्गान्ययसो रजः । मधुसर्पिर्युतं लिह्यात् कामलापाण्डुरोगवान् ।।३७।।

37. Dārvyādi Lauham:

Ingredients: *Dāru haridrā*, each of the *triphalā* herbs, dried ginger, *marica*, pepper and *vāya viḍanga*.

Process of Drug-Making: Take equal parts of *dāru haridrā*, each of the *triphalā* herbs, dried ginger, *marica*, pepper and *vayaviḍanga* and powder them properly.

Method of use/Administration: Take this mixture in doses of 250 mg. with unequal parts of *ghṛitam* and honey.

Therapeutic benefits: It checks anemia and jaundice.

(*Rasendra Sār Sangraha*)

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त्रिकत्रयादिलौहम्–

पलं लौहस्य किट्टस्य पलं गव्यस्य सर्पिषः । सितायाश्च पलञ्चैकं मधुनश्च पलं तथा ।।३८।।
तोलैकं कान्तलौहस्य त्रिकत्रयसमन्वितम् । ततः पात्रे विधातव्यं लौहे वा मृन्मये तथा ।।३९।।
भावितं मधुसर्पिर्भ्यां रौद्रे शिशिर एव च । भोजनादौ तथा मध्ये चान्ते चैव प्रयोजयेत् ।।४०।।
अम्लपित्तं तथा शूलं शूलं च परिणामजम् । कासं पञ्चविधं चैव प्लीहश्वासज्वरानपि ।।४१।।
अपस्मारं तथोन्मादमुदरं गुल्ममेव च । अग्निमान्द्यमजीर्णञ्च श्वयथुं च सुदारुणम् ।।४२।।
कामलां पाण्डुरोगञ्च हलीमकमथापि वा । निहन्ति नात्र सन्देहो भास्करस्तिमिरं यथा ।।४३।।

38-43. Tṛikatrāyādi Lauham:

Ingredients: *Lauhakīṭṭa* (*maṇḍūra*) *bhasma*, cow *ghṛita*, jaggery, honey, *kāntalauha bhasma*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, black pepper, *pippalī*, *vāyaviḍangam*, *mustaka*, root of *citraka* and honey or cow *ghṛitam*.

Process of Drug-Making: Obtain the following ingredients: *lauhakīṭṭa* (*maṇḍūra*) *bhasma* (40 gm.), cow *ghṛita* (40 gm.), jaggery (40 gm.), honey (40 gm.), and 10 gm. measure each of the *kāntalauha bhasma*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, black pepper, *pippalī*, *vāyaviḍangam*, *mustaka*, root of *citraka*. Collect all these ingredients in an iron or earthen jar and churn them together with honey or cow *ghṛitam*. During day time, process it with mortar under sunlight and during night keep it in an open area under the moonlight. Perform this process for seven consecutive days. On eighth day after properly triturating through mortar dry the preparation and preserve it in glass containers.

Method of use/Administration: This medicine is called *Tṛikatrayādi Lauha*. It should be consumed in doses ranging from 500 mg. to 1 gm. This medicine should be taken three times in a day i.e. during morning before eating, during meals, and after meals.

Therapeutic benefits: If consumed in the prescribed way for a few days it will certainly cure the following diseases in similar way as the sun expells darkness: *āmlapitta*, colic paint, *pariṇām śūla*, five types of *kāsa*, problems of spleen (*plīhā*), asthma, fever, *apasmāra*, insanity, problems related to gastro intestinal tract, *gulma* and *agnimāndya*.

(Cakradatt)

कामलान्तकलौहम्–

द्विपलं जारितं लौहं लौहार्द्धं जारिताभ्रकम् । मण्डूरञ्च तदर्धञ्च तदर्धं मृतवङ्गकम् ।।४४।।
वङ्गार्द्धं मागधं शुण्ठी पिप्पली गजपिप्पली । ग्रन्थिकं गन्धपत्रञ्च दार्वी चव्यं यमानिका ।।४५।।

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चित्रकं कट्फलं रास्ना देवदारु फलत्रिकम् । रसाञ्जनं चातिविषा समभागानि चूर्णयेत् ।।४६।।
केशराजस्य भृङ्गस्य सोमराजरसस्य च । मण्डूकपर्ण्याः स्वरसैर्भावयेच्च दिनत्रयम् ।।४७।।
भक्षयेन्मधुना युक्तं सर्वमेहकुलान्तकम् । कामलां पाण्डुरोगञ्च हलीमकमथारुचिम् ।।४८।।
कासं श्वासं शिरःशूलं प्लीहानमग्रमांसकम् । जीर्णज्वरं तथा शोथमङ्गग्रहनिपीडितम् ।।४९।।
गुल्मशूलञ्च हृद्रोगं सङ्ग्रहग्रहणीहरम् । अग्निञ्च कुरुते दीप्तं ज्वरं जीर्णं व्यपोहति ।।५०।।
कामलान्तकनामेदं लौहं कामलरोगनुत् ।।५१।।

44-51. Kamalantaka Lauham:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, *maṇḍūra bhasma*, *vangabhasma*, cumin seeds, *śunṭhī*, *pippalī*, *gajapippalī*, *pippalīmūla*, cassia leaves, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *citraka*, *kaṭphala*, *rāsnā*, *devadāru*, *cavya*, caraway, *rasāñjana*, *ativiṣā*, juices of *keśarāja*, *bhṛingarāja*, *somarājī* (black cumin seeds or *vākucī*) and *maṇḍukparṇī*.

Process of Drug-Making: Obtain the ingredients in the following measures: *lauha bhasma* (80 gm.), *abhraka bhasma*, (40 gm.), *maṇḍūra bhasma* (20 gm.), *vangabhasma* (10 gm.) and the following ingredients in measurement of 10 gm. each: cumin seeds, *śunṭhī*, *pippalī*, *gajapippalī*, *pippalīmūla*, cassia leaves, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *citraka*, *kaṭphala*, *rāsnā*, *devadāru*, *cavya*, caraway, *rasāñjana* and *ativiṣā*. Mortar them together into a fine powder. Separately obtain juices of *keśarāja*, *bhṛingarāja*, *somarājī* (black cumin seeds or *vākucī*) and *maṇḍukparṇī* and treat the pulverized compound for three days. After drying the same preserves the medicine into glass containers.

Method of use/Administration: Take this medicine in doses of 250 mg. to 500 mg. along with honey.

Therapeutic benefits: This medicine cures all types of *pramehas*. It also cures jaundice, anemia, *halīmaka*, anorexia, *kāsa*, asthma, *śirśūla*, increase of spleen (*plīhā*), *agramānsvṛiddhi*, chronic *jvara*, *śotha*, stiffness in all body parts, *gulma*, colic pain, heart diseases and *sangrahaṇī*. It checks *mandāgni*. This medicine is a very good cure for jaundice.

पञ्चामृतलौहमण्डूरम्–

लौहं ताम्रं गन्धमभ्रं पारदञ्च समांशिकम् । त्रिकटु त्रिफला मुस्तं विडङ्गं चित्रकं तथा ।।५२।।
किरातं देवकाष्ठञ्च हरिद्राद्वयपुष्करम् । यमानी जीरकं युग्मं शटीधान्यकचव्यकम् ।।५३।।
प्रत्येकं लौहभागञ्च श्लक्ष्णचूर्णन्तु कारयेत् । सर्वचूर्णस्य चार्द्धांशं सुशुद्धं लौहकिट्टकम् ।।५४।।
गोमूत्रे पाचयेद्वैद्यो लौहकिट्टं चतुर्गुणे । पुनर्नवाऽष्टगुणिते क्वाथे तत्र प्रदापयेत् ।।५५।।

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सिद्धेऽवतारिते चूर्णं मधुनः पलमात्रकम् । भक्षयेत् प्रातरुत्थाय कोकिलाक्षानुपानतः ।।५६।।
ग्रहणीं चिरजांहन्तिसशोथां पाण्डुकामलाम् । अग्निञ्च कुरुते दीप्तं ज्वरं जीर्णं व्यपोहति ।।५७।।
प्लीहान यकृतं गुल्ममुदरञ्च विशेषतः । कासं श्वासं प्रतिश्याय कान्ति-पुष्टि-विवर्द्धनम् ।।५८।।

52-58. Pañcamṛita Lauhamanḍūram:

Ingredients: *Lauha bhasma*, *tāmra bhasma*, purified *gandhaka*, *abhraka bhasma*, purified *pārada*, dried ginger, black pepper, *pippalī*, *haraḍa*, *āmalakī*, *vibhītaka*, *mustaka*, *viḍanga*, root of *citraka*, *kirātatikta*, *devadāru*, *haridrā*, *dāru haridrā*, *puṣkarmūla*, caraway, white cumin seeds, black cumin seeds, *karcūra*, coriander, *cavya*, *maṇḍūrabhasma*, cow urine and decoction of *punarnavā*.

Process of Drug-Making: Obtain the following ingredients in measure of 10 gm. each: *lauha bhasma*, *tāmra bhasma*, purified *gandhaka*, *abhraka bhasma*, purified *pārada*, dried ginger, black pepper, *pippalī*, *haraḍa*, *āmalakī*, *vibhītaka*, *mustaka*, *viḍanga*, root of *citraka*, *kirātatikta*, *devadāru*, *haridrā*, *dāru haridrā*, *puṣkarmūla*, caraway, white cumin seeds, black cumin seeds, *karcūra*, coriander, *cavya* and *maṇḍūrabhasma* (125 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka*. Obtain cow urine four times (i.e. 1 litre) in quantity of *maṇḍūra* and decoction of *punarnavā* 1 litre. Cook the preparation together in a metallic pan. Add rest of the herbs to recipe, churn all the ingredients and cook until one could get a *kalka* out of it. Remove the recipe from the stove and allow it to cool down. Subsequently, mix 48 gm. of honey to the *kalka* and fill it in an either earthen or glass jar.

Method of use/Administration: This medicine is called *Pañcāmṛit Lauhamanḍūra*. This medicine should be consumed in doses of 250-500 mg. and along with honey.

Therapeutic benefits: This medicine cures diseases like chronic *sangrahaṇī*, *pāṇḍu*, jaundice, chronic *jvara*, increase in spleen, increase in liver, *gulma*, problems related to gastro intestinal tract, *kāsa*, asthma and *pratiśayāya*. This medicines increases digestive power (*pāckāgni*) and enhances body's luster and strength.

(*Ras Caṇḍānśu*)

वज्रवटकमण्डूरम्–

पञ्चकोलं समरिचं देवदारु फलत्रिकम् । विडङ्गमुस्तयुक्ताश्च भागास्त्रिपलसम्मिताः ।।५९।।
यावन्त्येतानि चूर्णानि मण्डूरं द्विगुणं ततः । पक्त्वा चाष्टगुणे मूत्रे घनीभूते तदुद्धरेत् ।।६०।।

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ततो माषार्द्धप्रमितं पिबेत्तक्रेण तक्रभुक । पाण्डुरोगं जयत्येष मन्दाग्नित्वमरोचकम् ।।६१।।
अर्शांसि ग्रहणीदोषमूरुस्तम्भमथापि च । क्रिमिं प्लीहानमुदरं गलरोगञ्च नाशयेत् ।।६२।।
मण्डूरो वज्रनामाऽयं रोगानीकविनाशनः । निर्वाप्य बहुशो मूत्रे मण्डूरं ग्राह्यमिष्यते ।।६३।।
ग्राहयन्त्यष्टगुणितं मूत्रं मण्डूरचूर्णतः ।।६४।।

59-64. Vajravaṭaka Manḍūram:

Ingredients: *Pañcakola*, *marica*, *deva dāru*, *tṛiphalā*, *viḍanga*, *mustā*, *manḍūra bhasma* and cow's urine.

Process of Drug-Making: Take 10 gm. of each of *pañcakola* herbs, *marica*, *deva dāru*, *tṛiphalā*, *viḍanga* and *mustā*. Add 240 gm. of *manḍūra bhasma* to them and get the compound boiled with eight times of cow's urine (i.e. 3 litres) till the preparation becomes semi-solid. Thereafter, make pills of 500 mg. to 1 gm. each out of the prepartion.

The *manḍūra* used in the above formula should be heated for more than seven terms and subsequently irrigated with the cow urine. Use fresh cow milk each term. Take cow urine measuring eight times of the *manḍūra*. After that the *manḍūra* should be cooked through the *puṭa* method.

Method of use/Administration: These pills are to be taken with butter-milk after food.

Therapeutic benefits: It cures anemia, suppression of the power of digestion, anorexia, piles, sprue syndrome, *uru stambha* (a condition characterized by stiffness of thighs), parasitic infection, *udara* (abdominal disorders including ascites) and diseases of the throat. This is called *Vajravaṭaka Manḍūram* and it cures many diseases including *pāṇḍu*, diminished digestive power, anorexia, all types of piles, indispositions related to *grahaṇī*, spleen, throat and stomach, *urustambha*, worm infestation and the like. Taken with different *anupānas*, this drug can cure all types of diseases.

(Cakradatt)

पुनर्नवादिमण्डूरम्–

पुनर्नवा त्रिवृच्छुण्ठी पिप्पली मरिचानि च । विडङ्गं देवकाष्ठञ्च चित्रकं पुष्कराह्वयम् ।।६५।।
त्रिफला द्वे हरिद्रे च दन्ती च चविका तथा । कुटजस्य फलं तिक्ता पिप्पलीमूलमुस्तकम् ।।६६।।
एतानि समभागानि मण्डूरं द्विगुणं ततः । गोमूत्रेऽष्टगुणे पक्त्वा स्थापयेत् स्निग्धभाजने ।
पाण्डुशोथोदरानाहशूलार्शःक्रिमिगुल्मनुत् ।।६७।।

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65-67. Punarnavādi Maṇḍūram:

Ingredients: *Punarnavā, tṛivṛit, śunṭhī, pippalī, marica, viḍanga, deva kāṣṭha, citraka, puṣkarahva, tṛiphalā, haridrā, dāru haridrā, dantī, cavikā,* fruits of *kuṭaja, tikta,* root of *pippalī, mustaka, maṇḍūra* and cow's urine.

Process of Drug-Making: Get 25 gm. powder each of *punarnavā, tṛivṛit, śunṭhī, pippalī, marica, viḍanga, deva kāṣṭha, citraka, puṣkarāhva, tṛiphalā, haridrā, dāru haridrā, dantī, cavikā,* fruits of *kuṭaja, tikta,* root of *pippalī, mustaka.* Mix them together with *maṇḍūra* (1 kg.). Boil the preparation with eight times of cow's urine i. e. eight times great to the combined weight of the rest. The medicine, after preparation should be kept in a vessel smeared with *ghṛitam.*

Method of Use/Administration: Dosage: 1 gm. to 10 gm. along with honey.

Therapeutic benefits: This cures anemia, edema, *udara* (urinary disorder including ascites), *ānāha* (wind formation in stomach associated with constipation), colic pain, piles, parasitic infection and *gulma* (phantom tumour).

(Caraka)

त्र्यूषणादिमण्डूरम्–

त्र्यूषणं त्रिफला मुस्तं विडङ्गं चव्यचित्रकौ । दार्वी त्वङ्माक्षिको धातुर्ग्रन्थिकं देवदारु च ।।६८।।
एषांद्विपलिकान्भागांश्चूर्णकृत्वा पृथक् पृथक् । मण्डूरं द्विगुणं चूर्णाच्छुद्धमञ्जनसन्निभम् ।।६९।।
मूत्रे चाष्टगुणे पक्त्वातस्मिंस्तु प्रक्षिपेत्ततः । उदुम्बरसमान् कृत्वा वटकांस्तान् यथाग्नि तु ।।७०।।
उपयुञ्जीत तक्रेण सात्म्यं जीर्णे च भोजनम् । मण्डूरवटका ह्येते प्राणदाः पाण्डुरोगिणाम् ।।७१।।
कुष्ठान्यरोचकंशोथमूरुस्तम्भंकफामयान् । अर्शांसि कामलां मेहान् प्लीहानं शमयन्ति च ।।७२।।
निर्वाप्य बहुशो मूत्रे मण्डूरं ग्राह्यमिष्यते । ग्राहयन्त्यष्टगुणितं मूत्रं मण्डूरचूर्णतः ।।७३।।

68-73. Tryūṣṇādi Maṇḍūram:

Ingredients: *Tryūṣṇa, tṛiphalā, mustā, viḍanga, cavya, citraka, dārvī, tvak, mākṣika bhasma, pippalīmūla, devadāru* and *maṇḍūra bhasma.*

Process of Drug-Making: Take 80 gm. of the powder of each of *tryūṣṇa, tṛiphalā, mustā, viḍanga, cavya, citraka, dārvī, tvak, mākṣika bhasma, pippalīmūla* and *devadāru.* Mix them together. Get *maṇḍūra bhasma* measuring double of the combined quantity of them (i.e. 240 gm.) along with cow's urine measuring eight times of the preparation (i.e. 19.5 litres) and boil the both together. When the preparation is about to get cooked, add to it the above mix of

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the powders. Churn the recipe together. Vaṭakas (large size bolus) measuring 2 gm. to 4 gm. should be prepared out of it.

Method of use/Administration: Depending upon the power of digestion, the patient should take one to three boluses. After its digestion, wholesome food along with butter milk should be taken.

Therapeutic benefits: The medicine called *Maṇḍūra Vataka* provides life to the patient of anemia. It cures *kuṣṭha* (skin diseases including leprosy), indigestion, edema, *urustambha* (stiffness of the thighs), diseases of *kapha*, piles, jaundice, *meha* (urinary disorder including diabetes) and spleen disorders.

(Cakradatt)

चन्द्रसूर्यात्मको रसः–

सूतकं गन्धकं लौहमभ्रकञ्च पलं पलम् । शङ्खटङ्गवराटञ्च प्रत्येकार्द्धपलं हरेत् ।।७४।।
गोक्षुरबीजचूर्णञ्च पलैकं तत्र दीयते । सर्वमेकीकृतं चूर्णं बाष्पयन्त्रे विभावयेत् ।।७५।।
पटोलं पर्पटं भार्गी विदारी शतपुष्पिका । दन्ती वासा कुण्डली च काकमाचीन्द्रवारुणी ।।७६।।
वर्षाभूः केशराजश्च शालिञ्चो द्रोणपुष्पिका । प्रत्येकार्द्धपलैर्द्रवैर्भावयित्वा वटीं कुरु ।।७७।।
चतुर्दश वटीः खादेच्छागीदुग्धानुपानतः । गहनानन्दनाथोक्तश्चन्द्रसूर्यात्मको रसः ।।७८।।
हलीमकंनिहन्त्याशु पाण्डुरोगञ्च कामलाम् । जीर्णज्वरं सविषमं रक्तपित्तमरोचकम् ।।७९।।
शूलंप्लीहोदरानाहमष्ठीलागुल्मविद्रधीन् । शोथंमन्दानलंकासं श्वासं हिक्कां वभिं भ्रमिम् ।।८०।।
भगन्दरोपदंशौ च दद्रुकण्डूव्रणापचीः । ऊरुस्तम्भं तृषां दाहमामवातं कटीग्रहम् ।।८१।।
युक्त्या मद्येन मण्डेन मुद्गयूषेणवारिणा । गुडूचीत्रिफलारास्नाक्वाथनीरेण वा क्वचित् ।।८२।।

74-82. Candra Sūryātamaka Rasa:

Ingredients: Purified mercury, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *śankha bhasma*, purified borax, *varāṭikā bhasma*, powder of *gokṣura* seeds and decoction or juice of the following herbs: leaves of *paṭola*, *parpaṭa*, *bhārgī*, *vidārī*, aniseeds, *dantī*, leaves of *aḍuṣā*, *guḍūcī* (*kuṇḍali*), *kākamācī*, *indravāruṇī*, *punarnavā* (*varṣābhū*), black *bhṛingarāja*, leaves of plant *śāli* and *droṇapuṣpī*.

Process of Drug-Making: Take 40 gm. measures each of the purified mercury, purified *gandhaka*, *lauha bhasma* and *abhraka bhasma* and 20 gm. measure each of the *śankha bhasma*, purified borax and *varāṭikā bhasma*. Also obtain 20 gm. of the powder of *gokṣura* seeds. Prepare the *kajjalī* out of the mercury and sulphur and mix the rest of materials into it. Properly compound the preparation. Process it through *bhāvanā* method by keeping the mortar inside a

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Vāṣpa Yañtra or in the sun. For base in the process use the decoction or juice of the following herbs (each measuring 25 ml.): leaves of *paṭola*, *parpaṭa*, *bhārgī*, *vidārī*, aniseeds, *dantī*, leaves of *aḍuṣā*, *guḍūcī* (*kunḍali*), *kākamācī*, *indravāruṇī*, *punarnavā* (*varṣābhū*), black *bhṛingarāja*, leaves of plant *śāli* and *droṇapuṣpī*.

Make pills measuring 125 mg. to 250 mg. each out of the preparation and keep the pills in a glass jar.

Remarks: The *Vāṣpa Yañtra* or *Vallabhī Yañtra* is a jar that is based on steam. The structure of the *Yañtra* is like this. One jar containing water is kept over fire. Another pot is kept above this jar. The drug to be produced is kept in this jar. The heat of the jar below warms up another jar and the drug contained therein. Thus, use of the *Vāṣpa Yañtra* prevents the drug from getting burnt.

Method of use/Administration: One should take one pill of the medicine along with goat's milk daily for 14 consecutive days. Considering the physical conditions and the *doṣas* of the patient this pill should be taken along with the *anupāna* of any of the following liquids: liquor, *manḍa*, *yūṣa* of the kidney (*mudga*) beans, cold or lukewarm water, decoction of *guḍūcī*, decoction of *triphalā* and decoction of *rāsnā*.

Therapeutic benefits: This drug has been prescribed by Gahanānda jī. The medicine is capable to treat a variety of diseases including *halīmaka*, anemia, jaundice, chronic fever, *viṣam jvara*, *raktapitta*, anorexia, colic pain (*śūla*), enlargement of spleen, various problems related to gastro intestinal tract, *ānāha*, *aṣṭhilā*, *gulma*, *vidradhi*, *śotha* (edema), loss of digestion, bronchitis, *kāsa* (coughs), hiccup, vomiting, giddiness, *bhangadara*, chancre, skinworms, itching, wounds, *apācī*, *urustambha*, morbid thirst, burning sensation, *āmavāta* and cramps in the backs.

(*Rasendra Sār Sangraha*)

प्राणवल्लभो रसः–

हिङ्गुलसम्भवं सूतं गन्धं कश्मीरसम्भवम् । लौहं ताम्रं वराटञ्च तुत्थं हिङ्गु फलत्रिकम् ।।८३।।
स्नुहीक्षीरं यवक्षारं जैपालं टङ्गणं त्रिवृत् । प्रत्येकन्तु समं भागं छागीदुग्धेन भावयेत् ।।८४।।
चतुर्गुञ्जां वटीं खादेद्वारिणा मधुना सह । प्राणवल्लभनामाऽयं गहनानन्दभाषितः ।।८५।।
श्लेष्मदोषञ्च संवीक्ष्ययुक्त्याच त्रुटिवर्द्धनम् । निहन्ति कामलां पाण्डुमानाहं श्लीपदं तथा ।।८६।।
गलगण्डं गण्डमालां व्रणानि च हलीमकम् । ऊरुस्तम्भं तथा शोथं शूलं संग्रहणीं तथा ।।८७।।
वान्तिं मूर्च्छां भ्रमिं दाहं कासं श्वासं गलग्रहम् । असाध्यं सन्निपातञ्च जीर्णज्वरमरोचकम् ।।८८।।

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वातरक्तं तथा शोषं कण्डूविस्फोटकापचीः । नातः परतरं किञ्चित् कामलार्त्तिरुजापहम् ।।८९।।

83-89. Prāṇavallabha Rasa:

Ingredients: *Hiñgulottha pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *varāṭa bhasma*, purified *tutthaka*, fried asafoetida, *haraḍa*, *vibhītaka*, *āmalakī*, latex of *snuhī*, *yavakṣāra*, purified *jayaphal*, purified borax, root of *tṛivṛit* (*niśotha*) and milk of goat.

Process of Drug-Making: Take in equal parts (i.e. 40 gm.) the following mixture of drugs: *hiñgulottha pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *varāṭa bhasma*, purified *tutthaka*, fried asafoetida, *haraḍa*, *vibhītaka*, *āmalakī*, latex of *snuhī*, *yavakṣāra*, purified *jayaphal*, purified borax, root of *tṛivṛit* (*niśotha*). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and uniformly mix the rest of the ingredients into it along with milk of goat and mortar them together for three hours. Prepare pills of 500 mg. each (modern dose 125 mg. each) and after drying it preserve them in glass containers.

Method of use/Administration: Pills should be consumed along with honey and water in different *anupānas*.

Therapeutic benefits: This medicine has been prepared by Gahanānda and it is known as *Prāṇavallabh Rasa*. Disorders of *kapha* could be eliminated if this medicine is consumed along with smaller cardamom. If treated with different *anupānas* it would cure diseases like jaundice, *pāṇḍu*, *ānāha*, *ślīpada*, *galagaṇḍa*, *gaṇḍamāla*, *vraṇa*, *halīmaka*, *śotha*, *urustambha*, *śūla*, *sangrhaṇī*, vomiting, fainting, *bhrama*, morbid thirst, *kāsa*, asthma, *galagraha*, incurable *sannipāta*, Chronic fever, anorexia, *vātarakta*, *śoṣa*, *kaṇḍu*, eruptions and *apācī*. This medicine is the best cure for jaundice. There is no other medicine better than this to cure jaundice.

(*Rasendra Sār Sangraha*)

पञ्चाननवटी–

शुद्धसूतं तथा गन्धं मृतताम्राभ्रगुग्गुलु । जेपालबीजं तुल्यांशं घृतेन वटकीकृतम् ।।९०।।
भक्षयेद्वदरास्थ्याभं शोथपाण्डुप्रशान्तये । पञ्चाननवटी ख्याता पाण्डुरोगकुलान्तिका ।।९१।।

90-91. Pañcānan Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, purified *guggulu*, powder of *jaipāla* seeds and *ghṛita*.

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Process of Drug-Making: Take the following ingredients in measurement of 12 gm. each: purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma* and purified *guggulu* and powder of *jayapal* seeds (60 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix the powder of the rest. Compound all the ingredients properly along with *ghṛita* for three hours through mortar. After properly churning the ingredients, prepare pills measuring the size of wild *badarī* seeds (modern measurement 62 mg. each) and dry them. Subsequently preserve them in glass containers.

Therapeutic benefits: This medicine is very beneficial in the cure of *śotha* and *pāṇḍu*. This medicine is known as *Pañcanan Vaṭī* and is popular for curing all the diseases related to *pāṇḍu*.

(*Rasendra Sār Sangraha*)

पाण्डुसूदनो रसः–

रसं गन्धं मृतं ताम्रं जयपालञ्च गुग्गुलुम् । समांशमाज्यसंयुक्तां गुडिकां कारयेद्भिषक् ।।९२।।
एकैकां भक्षयेन्नित्यं पाण्डुशोथप्रणुत्तये । शीतलञ्च जलञ्चाम्लं वर्जयेत् पाण्डुसूदने ।।९३।।

92-93. Pāṇḍusūdano Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, purified *jātīphala*, purified *guggulu* and *ghṛita*.

Process of Drug-Making: Obtain the following ingredients measuring 12 gm. each: purified *pārada*, purified *gandhaka*, *tāmra bhasma*, purified *jātīphala* and purified *guggulu*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and add to it the *tāmrabhasma* and other ingredients above. Churn and mortar them together along with *ghṛita*. Properly dry the preparation and make pills measuring 250 mg. each. Preserve them in glass containers.

Method of use/ Administration and Therapeutic benefits: To get relief from *pāṇḍu* disease and *śotha* one should consume one pill of the medicine daily. While taking this medicine one should avoid bathing and drinking cold water and should not take bitter and sour eatables.

(*Rasendra Sār Sangraha*)

आनन्दोदयरसः–

पारदं गन्धकं लौहमभ्रकं विषमेव च । समांशं मरिचं चाष्टौ टङ्गणञ्च चतुर्गुणम् ।।९४।।

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भृङ्गराजरसैः सप्त भावनाश्चाम्लदाडिमैः । द्विगुणं पर्णखण्डेन खादेत्सायं निहन्ति च ।।९५।।
वातश्लेष्मभवान्रोगान् मन्दाग्निं ग्रहणीं ज्वरान् । अरुचिं पाण्डुताञ्चैव जयेदचिरसेवनात् ।।९६।।
नष्टमग्निं करोत्येष कालभास्करतेजसम् । पर्वतोऽपि हि जीर्येत प्राशनादस्य देहिनः ।।९७।।
गुर्वन्नमम्लमाषञ्च भक्षणादेव जीर्यति ।।९८।।

94-98. Ānandodaya Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *vatsanābhaviṣa*, powder of black pepper, purified borax, juice of *bhṛingarāja* and bitter *dāḍima*.

Process of Drug-Making: Take the following measuring 10 gm. each: purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *vatsanābhaviṣa*. also take powder of black pepper (160 gm.) and purified borax (80 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and compound the same by adding into it the rest of the ingredients. Obtain juice of *bhṛingarāja* and bitter *dāḍima*. Mix all the ingredients together and apply the *bhāvanā* process to the preparation for seven times each with *bhṛingarāja* and bitter *dāḍima* juices. Each *bhāvanā* process should involve at least three hours of mortaring. After processing dry the preparation and preserve the same in glass containers.

Method of use/Administration: During evening, take 250 mg. doses of this medicine wrapped in betel leaves.

Therapeutic benefits: This medicine cures all the diseases caused by *vāta* and *kapha* such as *mandāgni*, *sangrahaṇī*, fever, anorexia and *pāṇḍu*. This medicine increases the digestive power and can help one digest heavy eatables easily.

(*Ras Mañjarī*)

पाण्डुपञ्चाननरसः (र. यो. सा.)–

लौहमभ्रञ्चताम्रञ्चपलिकानि पृथक् पृथक् । त्रिकटु त्रिफला दन्ती चविका कृष्णाजीरकम् ।।९९।।
चित्रकञ्च निशेद्वे च त्रिवृता-मानमूलकम् । कुटजस्य फलं तिक्ता देवदारु वचा घनम् ।।१००।।
प्रत्येकमेषां कर्षन्तु निक्षिपेत्पाकविद् भिषक् । सर्वस्य द्विगुणं देयं शुद्धमण्डूरचूर्णकम् ।।१०१।।
गोमूत्रेऽष्टगुणे पक्त्वा सिद्धशीते प्रदापयेत् । भक्षयेत्प्रातरुत्थाय चोष्णतोयानुपानतः ।।१०२।।
हलीमकं शोथपाण्डुमूरुस्तम्भञ्च नाशयेत् । प्लीहानं यकृतं गुल्मं सर्वरोगहरः परः ।
रसायनवरश्चैष बलवर्णाग्निकारकः ।।१०३।।

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99-103. Pāṇḍupañcānan Rasa:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, *tāmrabhasma*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītakī*, *āmalakī*, root of *dantī*, *cavya*, black cumin seeds, root of *citraka*, *dāru haridrā*, *haridrā*, root of *tṛivṛit* (*niśotha*), root of *mānakanda*, *indrayava*, *kaṭukī*, *devadāru*, *vacā*, *mustaka*, *manḍūra bhasma* and cow urine.

Process of Drug-Making: Obtain *lauha bhasma*, *abhraka bhasma*, *tāmrabhasma* each measuring 40 gm. Also take dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītakī*, *āmalakī*, root of *dantī*, *cavya*, black cumin seeds, root of *citraka*, *dāru haridrā*, *haridrā*, root of *tṛivṛit* (*niśotha*), root of *mānakanda*, *indrayava*, *kaṭukī*, *devadāru*, *vacā* and *mustaka* each measuring 10 gm. Take *manḍūra bhasma* twice the quantity of prior mentioned ingredients (i.e. 540 gm.). Mix *manḍūra bhasma* with cow urine (6.5 litres) in a metallic pan and cook the same. When the recipe is almost cooked mix rest of the ingredients into it and churn the preparation properly. Let the pulverized compound cool down. Pour the cooled recipe in earthen and glass jars.

Method of use/Administration: After attending nature calls, one should consume this medicine along with lukewarm water.

Therapeutic benefits: This medicine cures diseases like *halīmaka*, *śotha*, *pāṇḍu*, *urustambha*, *plīhā*, increased liver, *gulma* and all related diseases. This medicine is one of the best medicines that increase strength, stamina and luster.

(*Ras Caṇḍānśu*)

त्रैलोक्यसुन्दररसः (र. सा. सं.)–

मानञ्चैकं ततः सूतं षडभ्रं वसुलौहकम् । गन्धकं त्रिफलाव्योषचूर्णं मोचरसस्य च ।।१०४।।
मुशली चामृतासत्त्वं प्रत्येकं पञ्चभागिकम् । भावयेत्सर्वमेकत्र त्रिफलायाः कषायके ।।१०५।।
भावना विंशतिर्देया दशरात्रं सुभावना । शिग्रुचित्रकमूलाभ्यामष्टधा च पृथक् पृथक् ।।१०६।।
त्रैलोक्यसुन्दरोनाम रसो निष्कमितो हितः । सितया च समं क्षौद्रैःशोथपाण्डुक्षयापहः ।।१०७।।
ज्वरातीसारसंयुक्तसर्वोपद्रवनाशनः ।।१०८।।

104-108. Trailokyasundara Rasa:

Ingredients: *Pārada*, *abhrakabhasma*, *lauhabhasma*, *gandhaka*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *mocarasa*, *muṣalī*, *guḍūcī*, decoction of *tṛiphalā*, roots of *śigru* and *citraka*.

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Process of Drug-Making: Obtain *pārada* (1 part), *abhrakabhasma* (6 parts), *lauhabhasma* (7 parts), *gandhaka*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *mocarasa*, *muṣalī* and *guḍūcī* (each 5 parts). Collect mixture of these ingredients and triturate it through *bhāvanā* method along with decoction of *tṛiphalā* for 20 consecutive terms within 10 days. Subsequently, triturate the mix with roots of *śigru* and *citraka* for 8 trerm each. Pills should be prepared to the size of one *niṣka* each.

Method of use/ Administration and Therapeutic benefits: If this medicine is consumed with honey and sugar, it would cure diseases like *śotha*, *pāṇḍu*, *kṣayaroga* and *jvaratisāra*. This medicine cures all types of *pāṇḍu* diseases.

Note: Doses of 375-1000 mg. can be given. This is very useful in *pāṇḍu* associated with fever.

(*Rasendra Sār Sangraha*)

योगराजः (च. द.)–

त्रिफलायास्त्रयो भागास्त्रयस्त्रिकटुकस्य च । भागाश्चित्रकमूलस्य विडङ्गानां तथैव च ।।१०९।।
पञ्चाश्मजतुनोभागास्तथा रूप्यमलस्य च । माक्षिकस्य विशुद्धस्य लौहस्य रजसस्तथा ।।११०।।
अष्टाभागाःसितायाश्चतत्सर्वंश्लक्ष्णचूर्णितम् । माक्षिकेणाप्लुतंस्थाप्यमायसे भाजने शुभे ।।१११।।
उदुम्बरसमां मात्रां ततः खादेद् यथाग्निना । दिनदिनेप्रयोगेण जीर्णे भाज्य यथेप्सितम् ।।११२।।
वर्जयित्वाकुलत्थांश्चकाकमाचींकपातकान् । योगराज इति ख्यातो यागोऽयममृतापमः ।।११३।।
रसायनमिदं श्रेष्ठं सर्वरोगहरं परम् । पाण्डुरोगं विषं कासं यक्ष्माणं विषमज्वरम् ।।११४।।
कुष्ठान्यजरकं मेहं श्वासं हिक्कामरोचकम् । विशेषाद्धन्त्यपस्मारं कामलां गुदजानि च ।।११५।।

109-115. Yogarāja:

Ingredients: *Tṛiphalā* (*āmalakī*, *harītakī* and *vibhītaka*) and *tṛikaṭu* (dried ginger, *marica* and pepper), *citraka*, *vāyaviḍanga*, purified *śilājita*, *raupyamākṣika bhasma*, *suvarṇamākṣika bhasma*, *lauha bhasma*, sugar and honey.

Process of Drug-Making: Take 10 gm. measure each of the *tṛiphalā* (*āmalakī*, *harītakī* and *vibhītaka*, 10 gm. each) and *tṛikaṭu* (dried ginger, *marica* and pepper, 10 gm. each), *citraka* (30 gm.) and *vāyaviḍanga* (30 gm.). Also take 50 gm. each of the purified *śilājita*, *raupyamākṣika bhasma*, *suvarṇamākṣika bhasma* and *lauha bhasma* and 80 gm. of sugar. Mix all the materials together and mortar them into a fine powder. Add honey to the preparation and make a *kalka* out of the preparation. Preserve the drug into a cleaned brace ware or glass bottle.

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Method of use/Administration: Depending on the digestive power, take this medicine in doses of 500 mg. to 1 gm. If the medicine becomes old one should not take the same with meals containing *kulattha*, *kākamācī* and meat of pigeon.

Therapeutic benefits: This *Yogarāja* is as effective as ambrosia in treating varieties of diseases. The medicine is particularly helpful in cure of such diseases as anemia, bronchitis, tuberculosis, *viṣam jvara*, *kuṣṭha* (skin diseases including leprosy), indigestion, *prameha* (i.e. urinary disorders including diabetes), breathing trouble, hiccups, anorexia, epilepsy and jaundice. This is also useful in curing all kinds of piles and effects of poison.

(Caraka)

आमलक्यवलेहः (यो. र.)–

रसमामलकानान्तु संशुद्धं यन्त्रपीडितम् । द्रोणं पचेच्च मृद्वग्नौ तत्र चेमानि दापयेत् ।।११६।।
चूर्णितंपिप्पलीप्रस्थंमधुकंद्विपलं तथा । प्रस्थं गोस्तनिकायाश्च द्राक्षायाः किल पेषितम् ।।११७।।
शृङ्गवेरपले द्वे तु तुगाक्षीर्याः पलद्वयम् । तुलार्द्धं शर्करायाश्च घनीभूतं समुद्धरेत् ।।११८।।
मधुप्रस्थसमायुक्तं लेहयेत् पलसम्मितम् । हलीमकं कामलाश्च पाण्डुत्वञ्चापकर्षति ।।११९।।

116-119. Āmalakī Avaleha:

Ingredients: Juice of *āmalakī* fruits, pepper powder, powder of *madhuka*, *kalka* of raisin, fine powder of dried ginger, *vanśalocana* and raw sugar.

Process of Drug-Making: Extract the juice (12 litres) of *āmalakī* fruits and strain the juice through a clean piece of cloth. Put 12 litre of the *āmalakī* juice into a brace ware and cook it into slow heat. When the juice is properly cooked add to it 750 gm. measure of pepper powder, 95 gm. measure of the powder of *madhuka*, *kalka* of raisin measuring 750 gm., 95 gm. measure of fine powder of dried ginger and *vanśalocana*, 2.5 kg. of raw sugar and 750 mg. of honey. Cook the preparation again. When it gets sticky like a confection remove the preparation from stove and churn it through a wooden or metal rod. See that the rod is clean. Finally preserve the recipe into a glassware.

Doses and Therapeutic benefits: This medicine is called *Āmalakī Avaleha*. It should be taken in doses of 48 gm. This medicinal confection is capable to cure the patients of *halīmaka*, jaundice and anemia.

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Remarks: First of all cook the juice of *āmalakī* along with raw sugar. After it gets sticky add the herbal powders into it and cook the preparation till it gets consolidated. This is better option.

(*Yoga Ratnākar*)

धात्र्यरिष्टः–

धात्रीफलसहस्रे द्वे पीडयित्वा रसं भिषक् । क्षौद्राष्टभागं पिप्पल्याश्चूर्णार्द्धकुडवान्वितम् ।।१२०।।
शर्करार्द्धं तुलोन्मिश्रंपक्वंस्निग्धघटेस्थितम् । प्रपिबेत्पाण्डुरोगार्त्तो जीर्णे हितमिताशनः ।।१२१।।
कामलापाण्डुहृद्रोगवातासृग्विषमज्वरान्।कासहिक्काऽरुचिश्वासानेषोऽरिष्टःप्रणाशयेत् ।।१२२।।

120-122. Dhātryāriṣṭa:

Ingredients: Two thousand number of the fruits of *dhātrī*, honey, powder of *pippalī* and sugar.

Process of Drug-Making: Take two thousand fruits of *dhātrī*, and extract their juice. To this add honey one eighth in quantity, 96 gm. of the powder of *pippalī* and 24 gm. of sugar. The recipe should then be kept for fifteen days in an earthen vessel smeared with *ghṛitam*.

Method of use/Administration: This should be taken by a patient suffering from anemia. After its digestion, the patient should take wholesome food in limited quantity.

Therapeutic benefits: This cures jaundice, anemia, heart diseases, gout, irregular type of fever, *kāsa* (coughs), hiccup, anorexia and asthma.

पर्पटाद्यरिष्टः–

पर्पटस्य तुलामेकां चतुर्द्रोणजले पचेत् । पादावशेषे क्वाथेऽत्रि शीते गुडतुलाद्वयम् ।।१२३।।
प्रदद्याच्चापि धातक्याः पलषोडशकं तथा । अमृता मुस्तकं दारुहरिद्रा दारु सत्तमम् ।।१२४।।
व्याघ्रीदुरालभाचव्यंचित्रकंचविडङ्गकम् । त्रिकट्वेतानिसर्वाणिसंचूर्ण्य च पृथक् पृथक् ।।१२५।।
पलमात्राणि संगृह्य यत्नतस्तत्र निक्षिपेत् । संस्थाप्यच ततो भाण्डे मासादूर्ध्वं पिबेदमुम् ।।१२६।।
उदाराष्ठीलिकापाण्डुगुल्मंचापि हलीमकम् । कामलांचयकृद्वृद्धिं प्लीहवृद्धिं तथैव च ।।१२७।।
रक्तोद्भवान्विकारांश्चशोथंच विषमज्वरान् । एषोऽरिष्टो निहन्त्याशु वृक्षमिन्द्राशनिर्यथा ।।१२८।।

123-128. Parpaṭādi Ariṣṭa:

Ingredients: Plant of *parpaṭa* along with its roots, raw sugar, *ghṛita*, powder of *dhātakī* flowers, *amṛitā*, *mustakam*, *dāru haridrā*, *deva dāru*, *kañṭakārī* (its roots), *durālabhā*, *cavya*, roots of *citraka*, *vāyaviḍanga*, dried ginger, black pepper and small pepper.

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Process of Drug-Making: Remove a plant of *parpaṭa* along with its roots and wash it properly. Thus obtain 5 kg. of *parpaṭa* and decoct it along with water measuring 52 litre till the original quantity is reduced to a quarter. Strain the decoction after it gets cold. Dissolve into the decoction raw sugar measuring 10 kg. and preserve the preparation into an earthen pitcher coated with *ghṛita* from inside. Add to the preparation powder of *dhātakī* flowers measuring 750 gm. and 50 gm. powder each of the following: *amṛitā*, *mustakam*, *dāru haridrā*, *deva dāru*, *kañṭakārī* (its roots), *durālabhā*, *cavya*, roots of *citraka*, *vāyaviḍanga*, dried ginger, black pepper and small pepper. Mix all these powders into the preparation properly and tightly close the pitcher. Place it in a lonely place for one month. Following that remove the liquid from the pitcher and store it into an earthenware and glass bottles.

Method of use/Administration: This medicine should be taken in doses of 12 ml. to 25 ml. and fter meals.

Therapeutic benefits: This *Ariṣṭa* removes a variety of diseases including *halīmaka*, jaundice, *śotha* (edema), anemia, *viṣam jvara* and *aṣṭhīlā vṛiddhi* and such indisposition as the enlargement of spleen, enlargement of liver, blood disorder and the like.

लौहासवः (शा. सं.)–

लौहचूर्णंत्रिकटुकंत्रिफलां च यवानिकाम् । विडङ्गं मुस्तकं चित्रं चतुःसंख्यपलं पृथक् ।।१२९।।
धातकीकुसुमानां तु प्रक्षिपेत्पलविंशतिम् । चूर्णीकृत्य ततः क्षौद्रं चतुःषष्टिपलं क्षिपेत् ।।१३०।।
दद्याद् गुडतुलां तत्र जलद्रोणद्वयं तथा । घृतभाण्डे विनिक्षिप्य निदध्यान्मासमात्रकम् ।।१३१।।
लौहासवममुं मर्त्यः पिबेद्वह्निकरं परम् । पाण्डुश्वयथुगुल्मानि जठराण्यर्शसां रुजम् ।।१३२।।
कुष्ठंप्लीहामयंकण्डूंकासं श्वासं भगन्दरम् । अरोचकं च ग्रहणीं हृद्रोगं च विनाशयेत् ।।१३३।।

129-133. Lauha Āsava:

Ingredients: Water, old jaggery, honey, *dhātakī* (flowers), *lauha bhasma*, *ṭrikaṭu*, *ṭriphalā*, caraway seeds, *vāyaviḍanga*, *mustā* and *citraka* (roots).

Process of Drug-Making: Store 26 litre of water in an earthen pitcher inside coated with *ghṛita* and dissolve into it 5 kg. of old jaggery and 3 kg. of honey. Mix the preparation thoroughly with hands and add into it 100 gm. of *dhātakī* (flowers) and 200 gm. measure powder of each of the following: *lauha bhasma*, *ṭrikaṭu*, *ṭriphalā*, caraway seeds, *vāyaviḍanga*, *mustā* and *citraka* (roots). Tightly close the

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pitcher and place it in a lonely and warm space for one month. After that strain the liquid from the pitcher and store it in glass bottles.

Method of use/Administration: This medicine *Lauha Āsava* is to be taken after meals in doses of 12 ml. to 25 ml. along with water in equal quantity.

Therapeutic benefits: This is a great appetizer. This is also capable to cure one from a variety of diseases and indispositions like anemia, *śotha* (edema), *gulma*, piles, *kuṣṭha*, *kaṇḍu*, *kāsa* (coughs), *bhagandara*, anorexia, *samgrahaṇī* (sprue), problems related to gastro intestinal tract, enlargement of spleen, breathing troubles and heart problems.

(*Śārangdhar Samhitā*)

हरिद्राद्यं घृतम्–

हरिद्रात्रिफलानिम्बबलामधुकसाधितम् । सक्षीरं माहिषं सर्पिः कामलाहरमुत्तमम् ।।१३४।।

134. Haridrādya Ghṛitam:

Ingredients: *Haridrā*, *tṛiphalā* herbs, bark of *neem* tree, roots of *balā* and *madhuka*, *mūrcchita ghṛitam* (obtained from buffalo-milk), milk and water.

Process of Drug-Making: Prepare *kalka* from *haridrā*, *tṛiphalā* herbs, bark of *neem* tree, roots of *balā* and *madhuka* taken in measure of 35 gm. each. Mix them with *mūrcchita ghṛitam* (obtained from buffalo-milk) measuring 1 kg. and milk and water each measuring four times of *mūrcchita ghṛita* (i.e. 4 kg.). Cook this preparation as *sneha pāka* up to saturation point.

Method of use/ Administration and Therapeutic benefits: Use small quantity of this compound daily to cure *kāmalā*.

(Caraka)

द्राक्षाघृतम् (च. द.)–

पुराणसर्पिषः प्रस्थो द्राक्षाऽर्द्धप्रस्थसाधितः । कामलागुल्मपाण्ड्वर्त्तिज्वरमेहोदरापहः ।।१३५।।

135. Drākṣā Ghṛitam:

Ingredients: *Drākṣā* and old *mūrcchita ghṛita*.

Process of Drug-Making: Boil 375 gm. measure of the *kalka* of *drākṣā* in 750 gm. of old *mūrcchita ghṛita*.

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Therapeutic benefits: This recipe cures jaundice, *gulma* (phantom tumour), anemia, fever, *meha* (urinary disorders including diabetes) and *udara* (abdominal diseases including ascites).

मूर्वाद्यं घृतम्–

मूर्वातिक्तानिशावासाकृष्णाचन्दनपर्पटैः । त्रायन्तीवत्सभूनिम्बपटोलाम्बुददारुभिः ।।१३६।।
अक्षमात्रैर्घृतप्रस्थं सिद्धं क्षीरचतुर्गुणम् । पाण्डुताज्वरविस्फोटशोथार्शोरक्तपित्तनुत् ।।१३७।।

136-137. Mūrvādya Ghṛita:

Ingredients: Roots of *mūrvā*, *kaṭukī*, *haridrā*, all the five limbs (i.e. roots, barks, flower, fruits and leaves) of *aḍuṣā*, pepper, red-sandalwood, *parpaṭa*, *trāyamāṇā*, bark of *vatsa*, *naktajāta*, stem of *paṭola*, *mustā*, *devadāru*, *mūrcchita ghṛita*, milk and water.

Process of Drug-Making: Take equal parts (i.e. 12 gm. each) of the roots of *mūrvā*, *kaṭukī*, *haridrā*, all the five limbs (i.e. roots, barks, flower, fruits and leaves) of *aḍuṣā*, pepper, red-sandalwood, *parpaṭa*, *trāyamāṇā*, bark of *vatsa*, *naktajāta*, stem of *paṭola*, *mustā* and *devadāru*. Crushing them together in stone crusher, prepare a *kalka* of these herbs. Put this *kalka* into an iron-jar and add to it old *mūrcchita ghṛita* (750 gm.). Add milk and water measuring 3 litre each to this preparation.

Therapeutic benefits: This medicine is very effective in checking *pāṇḍu*, fever, *visphoṭa*, *śotha*, piles and *raktapitta*.

(Cakradatt)

व्योषाद्यं घृतम्–

व्योषं बिल्वं द्विरजनी त्रिफला द्विपुनर्भवम् । मुस्तान्ययोरजः पाठा विडङ्गं देवदारु च ।।१३८।।
वृश्चिकालीचभार्गीचसक्षीरैस्तैः शृतंघृतम् । सर्वान्प्रशमयत्येतद् विकारान् मृत्तिकाकृतान् ।।१३९।।

138-139. Vyoṣādya Ghṛita:

Ingredients: *Vyoṣa*, *bilva*, *haridrā*, *dāru haridrā*, *triphalā*, both the varieties of *punarnavā*, *mustā*, *lauha bhasma*, *pāṭhā*, *viḍanga*, *deva dāru*, *vṛiścikālī*, *bhārgī*, *mūrcchita ghṛita* and milk.

Process of Drug-Making: Obtain 12 gm. powder of the *vyoṣa*, *bilva*, *haridrā*, *dāru haridrā*, *triphalā*, both the varieties of *punarnavā*, *mustā*, *lauha bhasma*, *pāṭhā*, *viḍanga*, *deva dāru*, *vṛiścikālī*, *bhārgī* and churning them together in a

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mortar prepare a *kalka* of them. Boil the *kalka* along with *mūrcchita ghṛita* measuring four times and milk sixteen times.

Therapeutic benefits: This recipe cures all the diseases like *pāṇḍu* caused by intake of soil.

(Cakradatt)

पुनर्नवादितैलम्–

पुनर्नवापलशतं जलद्रोणे विपाचयेद् । तेन पादावशेषेण तैलप्रस्थं पचेद्भिषक् ।।१४०।।
त्रिकटु त्रिफला शृङ्गीधान्यकंकट्फलं तथा । शटी दार्वी प्रियङ्गुश्च पद्मकाष्ठं हरेणुकम् ।।१४१।।
कुष्ठं पुनर्नवा चैव यमानी कारवी तथा । एला त्वचं सलोध्रं च पत्रकं नागकेशरम् ।।१४२।।
वचा ग्रन्थिकमूलंचचव्यं चित्रकमूलकम् । शतपुष्पाऽम्बु मञ्जिष्ठा रास्ना यासस्तथैव च ।।१४३।।
एतेषां कार्षिकैर्भागैःपेषयित्वा विनिक्षिपेत् । कामलां पाण्डुरोगं च हलीमकमथारुचिम् ।।१४४।।
रक्तपित्तं महाशोथं कासं श्वासं भगन्दरम् । प्लीहानमुदरं चैव जीर्णज्वरमपोहति ।।१४५।।
कुरुते परमांकान्तिं प्रदीप्तं जठरानलम् । तैलं पुनर्नवाख्यातं सर्वान् व्याधीन् व्यपोहति ।।१४६।।

140-146. Punarnavādi Tailam:

Ingredients: Plant of *punarnavā* along with its roots, *mūrcchita* sesame oil, dried ginger, *marica*, pepper, *haraḍa*, *vibhītaka*, *āmalakī*, *śṛingī*, coriander seeds, *kaṭphala*, *śaṭī*, *dāru haridrā*, *priyangu*, *padmakāṣṭha*, *hareṇukā*, *kuṣṭha*, *punarnavā* (roots), caraway seeds, *karavī*, smaller cardamom, cinnamon bark, *lodhra*, cassia leaves, *nāgakeśara*, *vacā*, *pippalīmūla*, *cavya*, *citraka* (roots), aniseeds, *sugandhabālā*, *manjiṣṭhā*, *rāsnā* and *yavāsā*.

Process of Drug-Making: Remove a plant of *punarnavā* along with its roots and wash it properly. Thus obtain 5 kg. of the herb and decoct it along with water measuring 12.50 litres till the original quantity is reduced to a quarter. Store the decoction into a large pan and add to it 750 ml. of *mūrcchita* sesame oil as well as 12 gm. measure *kalka*s of each of the following: dried ginger, *marica*, pepper, *haraḍa*, *vibhītaka*, *āmalakī*, *śṛingī*, coriander seeds, *kaṭphala*, *śaṭī*, *dāru haridrā*, *priyangu*, *padmakāṣṭha*, *hareṇukā*, *kuṣṭha*, *punarnavā* (roots), caraway seeds, *karavī*, smaller cardamom, cinnamon bark, *lodhra*, cassia leaves, *nāgakeśara*, *vacā*, *pippalīmūla*, *cavya*, *citraka* (roots), aniseeds, *sugandhabālā*, *manjiṣṭhā*, *rāsnā* and *yavāsā*. Dissolve the *kalka* into the decoction thoroughly and cook it properly.

Therapeutic benefits: This drug removes a variety of diseases including *halīmaka*, jaundice, *mahāśotha* (edema), anemia, anaroxia, *samgrahaṇī* (sprue),

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raktapitta, chronic fever, enlargement of spleen, *bhagandara*, enlargement of liver, *kāsa* (coughs), *bhagandara*, problems related to gastro intestinal tract, anorexia, and the like. It promotes the beauty of the body and develops the digestive power as well. This medicine is famous as remover of all types of diseases.

पाण्डुरोगे पथ्यानि (प. प.)–

छर्द्दिर्विरेचनं जीर्णयवगोधूमशालयः । मुद्गाढकीमसूराणां यूषा जाङ्गलजा रसाः ।।१४७।।
पटोलं वृद्धकूष्माण्डं तरुणं कदलीफलम् । जीवन्तीक्षुरमत्स्याक्षीगुडूचीतण्डुलीयकम् ।।१४८।।
पुनर्नवाद्रोणपुष्पी वार्ताकुं लशुनद्वयम् । पक्वाम्रमभया बिम्बी शृङ्गीमत्स्यो गवां जलम् ।।१४९।।
धात्री तक्रं घृतं तैलं सौवीरकतुषोदके । नवनीतं गन्धसारो हरिद्रा नागकेशरम् ।।१५०।।
यवक्षारोलौहभस्मकषायाणिचकुङ्कुमम् । दाहश्चरणयोः सन्धौ नाभेश्च द्व्यङ्गुलादधः ।।१५१।।
मस्तके हस्तयोर्मूले मध्ये च स्तनकक्षयोः । यथादोषमिदं पथ्यं पाण्डुरोगवतां भवेत् ।।१५२।।

147- 152. The following measures are helpful for the patient of anemia: *vamana* (vomiting), *virecana* (purgation) and processing the burning therapy through below the naval, in the forehead, in the bottom of the hands, in the joints of the legs, in the armpits and around the middle of the breast. Similarly, the patient may take the following edibles: old barley, wheat, *śāli* variety of rice, *mudga*, pigeon peas, lentils, flash and meat juice of wild animals and birds, *paṭola*, ripe ash gourd, unripe bananas, *jīvantī* leaves, *kṣura*, *guḍūcī*, *tandulikaya* leaves, *punarnavā*, *droṇapuṣpī*, aubergine, garlic, onion, ripe mango, *haraḍa*, *bimbi*, *śṛingī* fish, cow-urine, *āmalakī* fruits, butter milk, *ghṛita*, oil, *sauvīra*, *tuṣodaka* (rice-washing), butter, sandalwoods, *haridrā*, and *keśara*.

पाण्डुरोगेऽपथ्यानि–

रक्तस्रुतिर्धूमपानं वमिवेगविधारणम् । स्वेदनं मैथुनं शिम्बी पत्रशाकानि रामठम् ।
माषोऽम्बुपानंपिण्याकस्ताम्बूलंसर्षपाःसुरा । मृद्भक्षणंदिवास्वप्नस्तीक्ष्णानिलवणानि च ।।१५३।।
सह्यबिन्ध्याद्रिजातानां नदीनां सलिलानि च । सर्वाण्यम्लानि दुष्टाम्बु विरुद्धान्यशनानि च ।
गुर्वन्नञ्च विदाहीनि पाण्डुरोगवतां विषम् ।।१५४।।
वह्निमातपमायासमन्नपानञ्च पित्तलम् । सर्वथा क्रोधमध्वानं पांडुरोगी सदा त्यजेत् ।।१५५।।

153-155. Blood-letting, smoking, sweating and intercourse are to be avoided by the patient of anemia. Similarly he should avoid consumption of peas, cooked leaves, asafoetida, *urada* peas, sesame-cakes, betel leaves, liquor, red chilies, all types of salt, sour edibles, incompatible foods, food items that are heavy to digest

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and cause burning sensation, etc. Intake of water of rivers like those originating from Vindhya and Sahyādri mountains, staying around fire, around sun, hard works and exercise, anger, suppression of calls of nature and sleeping during day time is prohibited in anemia.

इति भैषज्यरत्नावल्यां पांडुरोगचिकित्साप्रकरण् ।।१२।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां पाण्डुरोगचिकित्साप्रकरणम् ।।१२।।

End of the Chapter 12 of Bhaiṣajya Ratnāvalī with Commentary

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अथ रक्तपित्तचिकित्साप्रकरणम् १३

Chapter 13

Treatment of Hemorrhagic Diseases (*Rakta Pitta*)

Raktapitta is a condition in which bleeding occurs from the upper channels of body like nose, mouth etc. or from lower channels like anus, urinary passage, genital organs. Asthenia, *kāsa* (coughs), dysponea, fever, loss of appetite, indigestion, vomiting, thirst, burning sensation, nervousness and frequent motions are the signs and symptoms of *Raktapitta*.

रक्तपित्तचिकित्सायामादौ रक्तसङ्ग्रहणनिषेधः–

नोद्रिक्तमादौ संग्राह्यं बलिनोऽप्यश्नतश्च यत् । हृत्पाण्डुग्रहणीरोगप्लीहकण्डूज्वरादिकृत् ।।१।।

1. If the patient is strong, if he eats food and if the ailment is not in acute form, then the associated diseases like heart disease, anemia, sprue syndrome, spleen related diseases, *gulma* (phantom tumour) and fever should be taken care of in the beginning.

(Cakradatt)

अक्षीणबलादेरूर्ध्वप्रवृत्तरक्तपित्ते विशेषक्रमः–

ऊर्ध्वं प्रवृद्धदोषस्य पूर्वं लोहितपित्तिनः । अक्षीणबलमांसाग्नेः कर्त्तव्यमपतर्पणम् ।।२।।

2. If the *rakta pitta* is of *ūrdhva* type (i. e. one involving bleeding from orfices of the upper part of the body), then in the beginning *langhaṇa* (fasting) therapy should be administered., provided there is no diminution of strength, muscle tissue and power of digestion in the patient.

(Cakradatt)

क्षीणबलादेरूर्ध्वप्रवृत्तरक्तपित्ते तथाऽधोगरक्तपित्ते च विशेषक्रमः–

ऊर्ध्वगे तर्पणं पूर्वं कर्त्तव्यञ्च विरेचनम् । प्रागधोगमने पेया वमनञ्च यथाबलम् ।।३।।

3. In such case of *rakta pitta* of *ūrdhva* type when there has been loss of the strength, muscle tissue and power of digestion in the patient, *tarpaṇa* therapy should be administered in the beginning. It should be followed by the application of the purgation therapy (*virecana*). In case of the *rakta pitta* of *adho* type (i. e.

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one involving bleeding from orfices of the lower part of the body) *vamana* therapy should also be administered only after the patient has been for his strength, served with *peyas* made out of the *Śālaparṇī* group of herbs.

(Cakradatt)

रक्तपित्ते पथ्यम्, तत्रादौ शाल्यादिनिर्देशः–

शालिषष्टिकनीवारकोरदूषप्रसातिका । श्यामाकश्च प्रियङ्गुश्च भोजनं रक्तपित्तिनाम् ।।४।।

सूपयूषार्थ मसूरादिनिर्देशः–

मसूरमुद्गचणकाः समुकुष्ठाढकीफलाः । प्रशस्ताः सूपयूषार्थं कल्पिता रक्तपित्तिनाम् ।।५।।

शाकमांसयोर्निर्देशः–

शाकं पटोलवेत्राग्रतण्डुलीयादिकं हितम् । मांसं लावकपोतादिशशैणहरिणादिकम् ।।६।।

4-6. Wholesome diet and drinks: Intake of the following varieties of paddy is good for the patients suffering from *rakta pitta*: *śāli*, *ṣaṣṭkā*, *nīvara*, *koradūṣa*, *prasātika*, *śyāmāka* and *priyangu*. For the purpose of *sūpa* (preparation of pulses) and *yūṣa* (soups of grains including wheat and barley), *masūra*, *mudga*, *caṇaka*, *makuṣṭha* and *ādhaki* are useful for the patient suffering from *rakta pitta*. For such patients, flash of such birds as the woodcutter, pigeon, and animals like rabit, deer etc. are useful.

(Caraka)

स्तम्भनार्हाः–

क्षीणमांसबलं वृद्धं बालं शोषानुबन्धिनम् । अवाम्यमविरेच्यञ्च स्तम्भनैः समुपाचरेत् ।।७।।

7. Stambhanarha

If *rakta pitta* patient becomes weak and loses weight then he should be treated with *stambhana* herbs to stop this disorder. The elderly people, children and patients of consumption who are not in position to get the *vamana* and *virecana* therapies should be given these *stambhana* herbs to stop the above mentioned disorders.

(Cakradatt)

वृषपत्रस्वरसो रक्तपित्ते–

वृषपत्राणि निष्पीड्य रसं समधुशर्करम् । पिबेत्तेन शमं याति रक्तपित्तं सुदारुणम् ।।८।।

8. Juice (36 ml.) extracted from the leaves of *vṛiṣa* should be mixed with honey and sugar. Intake of this recipe cures even serious type of *rakta pitta*.

(Cakradatt)

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उदुम्बरफलस्वरसो रक्तपित्ते–

समाक्षिकः फल्गुफलोद्भवो वा पीतो रसः शोणितमाशु हन्ति ।।९।।

9. Get the juice of unripe *udumbara* fruits and mix it with honey and take this daily. Intake of fruit juice of *phalgu* mixed with honey instantaneously stops bleeding.

(Cakradatt)

अभयाप्रयोगः–

अभया मधुसंयुक्ता पाचनी दीपनी मता । श्लेष्माणं रक्तपित्तञ्च हन्ति शूलाति सारनुत् ।।१०।।

10. Powdered fruit of *haraḍa* in measure of 3 gm. is to be taken with honey (6 gm.). Apart from *raktapitta*, this preparation controls many other related diseases. *Abhayā* mixed with honey is carminative and it stimulates the power of digestion. It cures diseases caused *by kapha*, *rakta pitta*, colic pain and diarrhoea.

(Cakradatt)

पथ्याकृष्णयोः प्रयोगौ–

वासकस्वरसे पथ्या सप्तधा परिभाविता । कृष्णा वा मधुना लोढा रक्तपित्तं द्रुतं जयेत् ।।११।।

11. Obtain the powder of *haraḍa* (2-3 gm.) in a stone-mortar and process it through *bhāvanā* method with the juice of *aḍuṣā* for no less than seven times. Like wise *bhāvanā* process the powder of *haraḍa* and pepper measuring half the quantity of *haraḍa's* with honey. *Pathyā* or *kṛiṣṇa* should be triturated with the juice of *vāsaka* for seven times. Intake of either of this recipe mixed with honey instantly cures *rakta pitta*. For triturating, the liquid should be taken in quantity sufficient to fully drench the drugs that are supposed to be processed.

(Cakradatt)

पक्वौदुम्बरकाश्मर्यपथ्याखर्जूरगोस्तनाः । मधुना घ्नन्ति संलीढा रक्तपित्तं पृथक् पृथक् ।।१२।।

12. Take powder of *udumbara* fruit, the *Kāśmarya* fruit, the powder of date or *haraḍa* and raisin. Use of any of these items with honey helps in curing cases of *raktapitta*. Intake of ripe *udumbara*, *kāśmarya*, *pathyā*, *kharjūra* or *gostana* mixed with honey cures *rakta pitta*.

(Cakradatt)

खदिरादीनां पुष्पचूर्णम्–

खदिरस्य प्रियङ्गूनां कोविदारस्य शाल्मलेः । पुष्पचूर्णन्तु मधुना लिहन्नारोग्यमश्नुते ।।१३।।

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13. Khadirādi nam Puṣpa Cūrṇam:

Take powders of any of the flowers of following herbs: *khadira*, *priyangu*, *kovidāra* and silk-cotton tree. Consume the same along with honey. If taken regularly in doses of 2gm. to 3 gm., it checks the disorder of *raktapitta*. Similarly, taking powder of *khadira*, *priyangu*, *kovidāra* and flowers of *śālmalī* along with honey also cures *raktapitta*.

(Cakradatt)

लाक्षाचूर्णंसुकृतंक्षौद्राज्यसमन्वितंसकृल्लीढम्।शमयतिसोद्धतवमनंसरक्तपित्तस्यसिद्धमिदम् ।।१४।।

14. Take 4 gm. measure of fine *lākṣā* powder filtered through a clean piece of cloth. This powder along with 6 gm. honey and 12 gm. of *ghṛitam* should be consumed to stop serious cases of blood vomiting.

द्राक्षामधुककार्श्यसितायुक्तं विरेचनम् । यष्टीमधुकयुक्तञ्चसक्षौद्रं वमनं हितम् ।।१५।।

15. Raisins, fruit of *khambara*, *virecaka* (purgative) herbs mixed with sugar, *madhuyaṣṭī*, honey and the like are beneficial for patients of *rakta pitta*.

(Cakradatt) (Suśruta)

लङ्घितस्य ततः पेयां विदध्यात्स्वल्पतण्डुलाम् । रसयूषौ प्रदातव्यौ सुरभिस्नेहसंस्कृतौ ।
तर्पणं पाचनं लेहान् सर्पींषि विविधानि च ।।१६।। (सु. उ. त. अ. ४५ श्लो. १४)

16. After *langhaṇa* (fasting), obtain *peya* from small quantity of rice and give it for drinking to the patient. Liquid and *yūṣa* fried in *ghṛitam* should be served. Following that the patient should be administered the *tarpaṇa*, *pācana* and *leha* therapies, etc. along with *ghṛitam*.

(Suśruta)

तर्पणप्रयोगः (च. द.)–

तर्पणं सघृतक्षौद्रलाजचूर्णैः प्रदापयेत् । ऊर्ध्वगं रक्तपित्तं तत् पीतं काले व्यपोहति ।।१७।।

Tarpaṇaprayoga:

17. For performing *tarpaṇa* therapy prepare fine powder of paddy and poppy and lick it with honey and *ghṛitam*. This cures disease of *urdharvagami rakta pitta*.

(Cakradatt)

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तर्पणार्थं पिण्डखर्जूरादिजलम् (च. द.)–

जलं खर्जूरमृद्वीकामधूकैः सपरूषकैः । शृतशीतं प्रयोक्तव्यं तर्पणार्थं सशर्करम् ।।१८।।

18. For the purpose of *tarpaṇa*, *śṛītaśīta* (boiled and cooled) water of *kharjūra*, *mṛidvīka*, *madhuka* and *paruṣaka* (10 gm. each) mixed with sugar should be administered.

त्रिवृतादिमोदकम्–

त्रिवृता त्रिफला श्यामा पिप्पली शर्करा मधु । मोदकं सन्निपातोर्ध्वरक्तपित्तज्वरापहम् ।।१९।।

19. Tṛivṛitādi Modakam:

Ingredients: *Tṛivṛit*, *haraḍa*, *vibhītaka*, *āmalakī*, *śyāmālatā*, *pippalī* and sugar.

Process of Drug-Making: Obtain powder of the following ingredients measuring 12 gm. each: *tṛivṛit*, *haraḍa*, *vibhītaka*, *āmalakī*, *śyāmālatā*, *pippalī* and take sugar measuring twice the quantity of their combined weight i.e. 144 gm. Prepare syrup out of the preparation and churn it thoroughly. Remove it from the stove and allow it to get cool. Finally make round shaped pills (*modaka*) out of the preparation and preserve it in earthenware.

Method of use/Administration: This recipe should be consumed in doses of 10 gm. along with cold water.

Therapeutic benefits: This recipe cures diseases like *sannipāta*, fever, *urdhavaga rakta pitta*(i. e. one involving bleeding from orfices of the upper part of the body).

(Cakradatt)

अधोगरक्तपित्तचिकित्सा (च. द.)–

शालिपर्ण्यादिना सिद्धा पेया पूर्वमधोगते । वमनं मदनोन्मिश्रो मन्थः सक्षौद्रशर्करः ।।२०।।

20. In cases of *adhogami rakta pitta* (i. e. one involving bleeding from orfices of the lower part of the body), *peya* cooked along with herbs of *śāli parṇyādi* group should be served. Following that the patient should take water treated with sugar, honey and powder of *madanaphala* for vomiting.

(Cakradatt)

विना शुण्ठीं षडङ्गेन सिद्धं तोयं च दापयेत् ।।२१।।

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21. Obtain *śadgam* herbs (*motha*, *parpaṭa*, *uśīra*, red *candana*, *netrabālā* and dried ginger) and excluding dried ginger, cook the rest of the five herbs. Obtain *peya* from the preparation and serve it to the patient.

(Cakradatt)

आटरूषकक्वाथः (च. द.)–

आटरूषकनिर्यूहे प्रियङ्गुर्मृत्तिकाञ्जने । विनीय लोध्रं सक्षौद्रं रक्तपित्तहरं पिबेत् ।।२२।।

22. Āṭarūṣaka Kvātha:

Ingredients: *Āṭarūṣaka*, *priyangu*, *mṛittikā*, *añjana* and *lodhra*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Method of use/ Administration and Therapeutic benefits: This decoction should taken in doses of 50 ml. by adding honey to it. It cures *rakta pitta*.

(Cakradatt)

वासाकषायः (च. द.)–

वासाकषायोत्पलमृत्प्रियङ्गुलोध्राञ्जनाम्भोरुहकेशराणि ।
पीत्वा सिताक्षौद्रयुतानि हन्यात् पित्तासृजो वेगमुदीर्णमाशु ।।२३।।

23. Vāsākāṣāya:

Prepare decoction of *aḍuṣā* (50 ml.) through standard procedure. Mix powder of *nīlakamala*, clay of Saurāṣṭra region) (alum in its absence), *phulapriyangu*, *lodhra*, *śtrotañjana* and *keśara* of lotus in sufficient quantities (i.e. 5 gm. each) to the decoction. The same should be consumed with sugar (10 gm.) and honey (10 gm.) to stop serious *rakta pitta* disorders.

(Cakradatt)

वासास्वरसप्रयोगः (च. द.)–

तालीशचूर्णसहितःपेयःक्षौद्रेणवासकस्वरसः । कफपित्ततमकश्वासं स्वरभेदरक्तपित्तहरः ।।२४।।

24. Take juice of *vāsaka* (5 ml.) and mix it with powder of *tāliśa* (5 gm.). The compound should be taken along with honey (50 gm.). Intake of such medicine cures diseases of *kapha* and *pitta*, bronchial asthma, hoarseness of voice and *rakta pitta*.

(Cakradatt)

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वासाप्रयोगः (च. द.)–

वासायां विद्यमानायामाशायां जीवितस्य च । रक्तपित्ती क्षयी कासी किमर्थमवसीदति ।।२५।।

25. In the presence of *vāsa* which is the hope of life, there is no reason for disappointment for patients suffering from *rakta pitta*, phthisis and *kāsa* (coughs).

(Cakradatt)

मदयन्त्यङ्घ्रिजः क्वाथस्तद्वत्समधुशर्करः । अतसीकुसुमसमङ्गावटावरोहत्वगम्भसा पीता ।
प्रशमयति रक्तपित्तं यदि भुङ्क्तेमुद्गयूषेण ।।२६।।

26. Intake of the flowers of *atasī*, *samangā* and the bark of the adventitious root of *vāta* along with water and followed by the soup of *mudga*. It alleviates *rakta pīta*.

(Cakradatt)

घ्राणप्रवृत्तरक्ते विधिः–

घ्राणप्रवृत्ते जलमाशु देयं सशर्करं नासिकया पयो वा ।
द्राक्षारसं क्षीरघृतं पिबेद्वा सशर्करञ्चेक्षुरसं हितं वा ।।२७।।

27. In case of bleeding from nasal channel, one should take jaggery mixed in water or in milk. The juice of sugarcane can also be served for good cause in *raktapitta* cases.

(Suśruta)

दाडिमपुष्परसादिनस्यम्–

नस्यं दाडिमपुष्पोत्थोरसोदूर्वाभवोऽथवा । आम्रास्थिजः पलाण्डोर्वा नासिकास्रुतरक्तजित् ।।२८।।

Dāḍimapuṣpa Rasādi nasyama:

28. Administer nasal therapy with the juice of any one of the following herbs to stop bleeding from nose: flowers of *dāḍima*, *dūrvā*, seed of mango and onion.

(Cakradatt)

दाडिमपुष्परसादिनस्यं नासाप्रवृत्तरक्ते–

रसो दाडिमपुष्पस्य दूर्वारससमन्वितः । अलक्तकरसोपेतः पथ्यया वा समन्वितः ।।२९।।
नस्यः प्रयोजितः क्षिप्रं त्रिदोषमपि देहिनाम् । नासारक्तं प्रवृत्तन्तु हन्यादेव न संशयः ।।३०।।

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DāḍimapuṣpaRasādi nasyam (Second formula):

29-30. Administer nasal therapy with juices of any one of the following herbs (measuring 6 gm.) to stop bleeding from nose and *tṛidoṣayukta rakta pitta*: *dūrvā*, *lākṣā* and *haraḍa* mixed with juice obtained from the flowers of *dāḍima* (6 gm.).

मूर्ध्न्यामलकप्रलेपः–

नासाप्रवृत्तरुधिरं घृतभृष्टं श्लक्ष्णपिष्टमामलकम् । सेतुरिव तोयवेगं रुणद्धि मूर्ध्नि प्रलेपेन ।।३१।।

31. Prepare a *kalka* out of *āmalakī* fried in *ghṛitam* and churn it with *kānji* and apply on scalp and forehead. This medication helps in stopping bleeding from nose. This medication acts in the same way as a dam stops the flow of water.

(Cakradatt)

मेढ्रप्रवृत्तरुधिरे उत्तरवस्त्यादिकम्–

मेढ्रगेऽतिप्रवृत्ते तु बस्तिरुत्तरसंज्ञितः । शृतं क्षीरं पिबेद्वाऽपि पञ्चमूल्या तृणाह्वया ।।३२।।

32. If there is bleeding from the male urethra, then administration of *uttra basti* is useful. Intake of the milk boiled with *Tṛiṇa pañcamūla* is also useful in this condition.

(Cakradatt)

प्रियङ्ग्वादिचूर्णम्-ऊर्ध्वाधोमार्गप्रवृत्तरुधिरे (यो. र.)–

वासायाः स्वरसं कृत्वा द्रव्यैरेभिः प्रयोजयेत् । प्रियङ्गुर्मृत्तिका लोध्रमञ्जनं चेति चूर्णयेत् ।।३३।।
तच्चूर्णं योजयेत्तत्र नस्ये क्षौद्रसमन्वितम् । नासिकामुखपायुभ्यो योनिमेढ्राच्च वेगितम् ।।३४।।
रक्तपित्तं स्त्रवद्धन्ति सिद्ध एष प्रयोगराट् । यच्च शस्त्रक्षते नैव रक्तं तिष्ठति वेगितम् ।।३५।।
तदप्यनेन चूर्णेन तिष्ठत्येवावचूर्णितम् ।।३६।।

33-36. Priyāngavādi Cūrṇam:

Ingredients: Juice from the leaves of *aḍuṣā*, powder of *priyangu*, alum, *lodhra* and *rasāñjana*.

Process of Drug-Making: Obtain juice from the leaves of *aḍuṣā* in measurement of 50 ml. Mix powder of *priyangu*, alum, *lodhra* and *rasāñjana* in equal quantities (i.e. 50 gm. each).

Method of use/Administration: Consume this juice in doses of 5 gm. along with honey.

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Therapeutic benefits: This medication stops bleeding from nose, mouth, *gudā*, *yoni* and urinal passage. Bleeding wound injuries caused by sharp weapons can also be treated by sprinkling this *Priyāngavādi Cūrṇam*.

(*Yoga Ratnākar*)

वासकादिक्वाथः (भा. प्र.)–

वासापत्रसमुद्भूतो रसः समधुशर्करः । क्वाथो वा हरते पीतो रक्तपित्तं सुदारुणम् ।।३७।।

37. Vāsakādi Kvātha:

The juice of *vāsaka* leaves (50 ml.) or their decoction taken with honey or raw sugar (25 gm.) controls *raktapitta*.

(*Bhāvaprakāśa*)

धान्याकादिहिमः–

धान्याकधात्रीवासानां द्राक्षापर्पटयोर्हिमः । रक्तपित्तं ज्वरं दाहं तृष्णां शोषञ्च नाशयेत् ।।३८।।

38. Dhānyakādi Hima:

Prepare *hima* from coriander, *āmalakī*, *aḍuṣā*, raisin and *parpaṭī* (25 gm. each) using water (100 ml.). This *hima* medication cures disorders like *rakta pitta*, burning fever, excessive thirst and consumption.

(*Bhāvaprakāśa*)

आटरूषादिक्वाथः–

आटरूषकमृद्वीका-पथ्या-क्वाथः सशर्करः । क्षौद्राढ्यः कसनश्वासरक्तपित्तनिबर्हणः ।।३९।।

39. Āṭarūṣādi Kvātha:

Raise 24 gm. measure by taking, in equal parts, roots or *pañcānga* of *aḍuṣā*, raisin fruits and *haraḍa*. Decoct them together in water measuring 384 ml. until it is reduced to one-forth of the original quantity. When the decoction gets cold it should be taken along with small quantity of honey and raw sugar.

(Cakradatt)

उशीरादिचूर्णम्–

उशीरं तगरं शुण्ठी कक्कोलं चन्दनद्वयम् । लवङ्गं पिप्पलीमूलं कृष्णैला नागकेशरम् ।।४०।।
मुस्तामधुककर्पूरं तुगाक्षीरी च पत्रकम् । कृष्णागुरुसमं चूर्णं सिता चाष्टगुणा तथा ।।
रक्तवान्तिञ्च तापञ्च नाशयेन्नात्र संशयः ।।४१।।

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40-41. Uśīrādi Cūrṇam:

Ingredients: *Uśīra*, *tagara*, dried ginger, *kakkola*, red and white varieties of sandalwood, clove, *pippalīmūla*, *pippalī*, smaller cardamom, *nāgakeśara*, *mustaka*, *madhuyaṣṭī*, camphor, *vanśalocana*, cassia leaves and black *aguru*.

Process of Drug-Making: Take 50 gm. measure each of the following: *uśīra*, *tagara*, dried ginger, *kakkola*, red and white varieties of sandalwood, clove, *pippalīmūla*, *pippalī*, smaller cardamom, *nāgakeśara*, *mustaka*, *madhuyaṣṭī*, camphor, *vanśalocana* and cassia leaves. Prepare powder of them separately. Add black *aguru* to this powder. Also add sugar measuring eight times to the above ingredients and store it.

Method of use/Administration: Consume this medication in doses of 3 gm. to 6 gm. along with cold water.

Therapeutic benefits: This medication cures disorders like blood vomiting, fever due to tuberculosis and burning sensation of hands and legs.

एलादिगुटिका–

एलापत्रत्वचोऽर्द्धाक्षाः पिप्पल्यर्द्धपलं तथा । सितामधुकखर्जूरमृद्वीकाश्च पलोन्मिताः ।।४२।।
सञ्चूर्ण्य मधुना युक्ता गुटिकाः कारयेद्भिषक् । अक्षमात्रां ततश्चैकां भक्षयेच्च दिने दिने ।।४३।।
श्वासंकासंज्वरंहिक्कां छर्दिं मूर्च्छां मदं भ्रमम् । रक्तनिष्ठीवनं तृष्णां पार्श्वशूलमरोचकम् ।।४४।।
शोषप्लीहामवातांश्च स्वरभेदं क्षतक्षयम् । गुटिका तर्पणी वृष्या रक्तपित्तं विनाशयेत् ।।४५।।

42-45. Elādi Guṭikā:

Ingredients: *Elā*, *patra*, *tvak*, *drākṣā*, *pippalī*, *śita*, *madhuka*, *kharajūra*, *mṛidvīka* and honey.

Process of Drug-Making: Obtain 5 gm. each of *elā*, *patra*, *tvak* and *drākṣā* along with 20 gm. measure of *pippalī* and 40 gm. each of *sita*, *madhuka*, *kharajūra* and *mṛidvīkā*. Ground them thoroughly into a powder. Mix this powder with honey and prepare pills measuring 6 gm. each.

Method of use/Administration: Consume this medicine in doses of one pill daily.

Therapeutic benefits: The medicine is very much helpful in eliminating diseases like asthma, *kāsa* (coughs), fever, hiccup, vomiting, fainting, giddiness, intoxication, blood-spitting, thirst, pain in cases of pleurisy, anorexia, consumption, spleen related disorders, osteo-arthritis, hoarseness of voice and

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phthisis. The medicine also provides nourishing and aphrodisiac properties to the body, It especially cures *rakta pitta*.

(Cakradatt)

अर्केश्वररसः–

मृतार्कं मृतवङ्गञ्च मृताभ्रञ्च समाक्षिकम् । अमृतास्वरसैर्भाव्यं त्रिसप्तकपुटे पचेत् ।।४६।।
वासाक्षीरविदारीभ्यां चतुर्गुञ्जाप्रमाणतः । भक्षणाद्विनिहन्त्याशु रक्तपित्तं सुदारुणम् ।।४७।।

46-47. Arkeśvara Rasa:

Ingredients: *Tāmra bhasma*, *vanga bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma* and juice of *guḍūcī*.

Process of Drug-Making: Take the following ingredients in measure of 12 gm. each: *tāmra bhasma*, *vanga bhasma*, *abhraka bhasma* and *svarṇamākṣika bhasma*. Mortar and triturate these ingredients along with the juice of *guḍūcī* for 21 consecutive terms. Place the preparation in *śarāva saṁpuṭa* and process it through *laghu puṭa*. Remove the decoction out of the *saṁpuṭa* when it is cold. Prepare a *kalka* out of it.

Method of use/Administration: This medication is called *Arkeśvara Rasa* and it should be consumed in doses of 500 mg. (modern dose 250 mg.) along with the juice of *aḍuṣā* and juice of *kṣīra vidārīkanda*. Honey should also be added to the drug while taking this medication.

Therapeutic benefits: This medication immediately cures serious *rakta pitta* disorder.

(*Rasendra Sār Sangraha*)

रक्तपित्तान्तको रसः–

मृताभ्रं मुण्डतीक्ष्णञ्च माक्षिकं रसतालकम् । गन्धकञ्च भवेत्तुल्यं यष्टिद्राक्षाऽमृताद्रवैः ।।४८।।
दिनैकं मर्दयेत्खल्ले सिताक्षौद्रसमन्वितम् । माषमात्रं निहन्त्याशु रक्तपित्तं सुदारुणम् ।।
ज्वरं दाहं क्षतक्षीणं तृष्णां शोषमरोचकम् ।।४९।।

48-49. Raktapittantaka Rasa:

Ingredients: *Abhraka bhasma*, *muṇḍa lauha bhasma*, *tīkṣana lauha bhasma*, *svarṇamākṣika bhasma*, purified *pārada*, purified *haritāla*, purified *gandhaka*, decoction of *madhuyaṣṭī*, *drākṣā* and juice of *guḍūcī*.

Process of Drug-Making: Take following ingredients in measurement of 12 gm. each: *abhraka bhasma*, *muṇḍa lauha bhasma*, *tīkṣana lauha bhasma*,

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svarṇamākṣika bhasma, purified *pārada*, purified *haritāla* and purified *gandhaka*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix the rest of ingredients into it. Triturate the preparation along with the decoction of *madhuyaṣṭī* and *drākṣā* along with the juice of *guḍūcī* for one day. After properly mortaring it, let it dry.

Method of use/Administration: This medication should be consumed daily in doses of 250 mg. along with sugar (3 gm.) and honey (6 gm.).

Therapeutic benefits: This medication immediately cures disorders like serious *rakta pitta*, fever, burning sensation, wound injury, weight loss, excessive thirst, consumption and anorexia.

(*Rasendra Sār Sangraha*)

रसामृतरसः (र. सा. सं.)–

रसस्य द्विगुणं गन्धं माक्षिकं च शिलाजतु । गुडूचीं चन्दनं द्राक्षां मधुपुष्पञ्च धान्यकम् ।।५०।।
कुटजस्य त्वचं बीजं धातकीं निम्बपत्रकम् । यष्टीमधुसमायुक्तं मधुशर्करयाऽन्वितम् ।।५१।।
विधिना मर्दयित्वा तु कर्षमात्रन्तु भक्षयेद् । धारोष्णपयसा युक्तं प्रातरेव सभुत्थितः ।।५२।।
पित्तं तथाऽम्लपित्तं च रक्तपित्तं विशेषतः । निहन्ति सर्वदोषं च ज्वरं सर्वं न संशयः ।।५३।।
रसामृतरसो नाम गहनानन्दभाषितः ।।५४।।

50-54. Rasāmṛita Rasa:

Ingredients: *Pārada*, *gandhaka*, *svarṇamākṣika*, *śilājatu*, *guḍūcī*, white sandalwood, *drākṣā*, flowers of *madhuka*, coriander seeds, bark of *kuṭaja*, *indrayava*, flowers of *dhātakī*, *neem* leaves, *madhuyaṣṭī*, honey and sugar.

Process of Drug-Making: Obtain *pārada* (1 part), *gandhaka* (2 parts) and 1 part each of *svarṇamākṣika*, *śilājita*, *guḍūcī*, white sandalwood, *drākṣā*, flowers of *madhuka*, coriander, bark of *kuṭaja*, *indrayava*, flowers of *dhātakī*, *neem* leaves and *madhuyaṣṭī*. Churn all these ingredients along with honey and sugar.

Method of use/Administration: Consume this medicicine in doses of 12 gm. in the morning along with cow's milk.

Therapeutic benefits: This medication cures disorders like *pitta*, *āmlapitta*, *rakta pitta*, etc. and all types of fevers. *Rasāmṛita Rasa* is undoubtedly a preparation of Gahanānandjī.

(*Rasendra Sār Sangraha*)

सुधानिधिरसः (र. सा. सं.)–

सूतंगन्धंमाक्षिकंलौहचूर्णंसर्वंघृष्टंत्रैफलेनोदकेन । मूषामध्येभूधरेतत्पुटित्वादद्याद्गुञ्जांत्रैफलेनोदकेन।।

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लौहे पात्रेगोपयः पाचयित्वा रात्रौ दद्याद्रक्तपित्तप्रशान्त्यै ।।५५।।

55. Sudhānidhi Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, *lauha bhasma* and decoction of *triphalā*.

Process of Drug-Making: Take equal parts of purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma* and *lauha bhasma*. Compound all these ingredients into powder and triturate them along with the decoction of *triphalā*. Make round shaped pills out of it. Place them in a *mūṣā* and cook them in a *Bhūdhar Yañtra*. Allow the prepartion to cool down to atmospheric temperature. Following this, take out the cooled compound and store it in powdered form.

Method of use/ Administration and Therapeutic benefits: Consume this medication in doses of 62-125 mg. along with the decoction of *triphalā* as its *anupāna*. This medication gives relief from *rakta pitta*. Cook cow's milk in a iron pan and consume the medication to get relief from disorders of *rakta pitta*.

(*Rasendra Sār Sangraha*)

कपर्दको रसः–

मृतं वा मूर्च्छितं सूतं कार्पासकुसुमद्रवैः । मर्दयेद्दिनमेकन्तु तेन पूर्या वराटिका ।।५६।।
निरुद्ध्य चान्धमूषायां भाण्डे रुद्ध्वापुटेपचेत् । उद्धृत्यचूर्णयेच्छ्लक्ष्णंमरिचैर्द्विगुणैः सह ।।५७।।
गुञ्जामात्रं घृतेनैव भक्षयेत् प्रातरुत्थितः । उदुम्बरं घृतं चैव अनुपानं प्रयोजयेत् ।।५८।।
कपर्दको रसो नाम्ना रक्तपित्तविनाशनः ।।५९।।

56-59. Kapardako Rasa:

Ingredients: *Rasa sindūra* or *kajjalī*, *pārada*, *gandhaka*, flowers of cotton and powder of *marica*.

Process of Drug-Making: Take *Rasa sindūra* or *kajjalī* made from equal quantities of *pārada* and *gandhaka* and churn it with the flowers of cotton for one day. Then fill it in a big *kapardika* (cowrie). Put this cowrie in an *andha mūṣā* and place it in a pitcher and close its cover. Later heat it through the *puṭa* process. After cooling it, mortar it along with powder of *marica* (measuring twice the quantity of pulverized compound).

Method of use/Administration: Lick this medicine along with *ghṛitam* (125 mg.) and drink juice of *udumbara* and *ghṛitam*.

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Therapeutic benefits: This medication is called *Kapardako Rasa*. It cures *rakta pitta*.

Note: Some people prefer to take *udumbara* pieces (in place of its juice) which is fried in *ghṛitam*.

पित्तान्तकरसः (र. यो. सा.)–

जातीकोषफलेमांसीकुष्ठंतालीशपत्रकम् । माक्षिकं मृत लौहं च अभ्रं दिव्यं समांशिकम् ।।६०।।
सर्वतुल्यं मृतं तारं समं निष्पिष्य वारिणा । द्विगुञ्जाभा वटी कार्या पित्तरोगविनाशिनी ।।६१।।
कोष्ठाश्रितंचयत्पित्तंशाखास्थितमथापि वा । शूलं चैवाम्लपित्तं च पाण्डुरोगं हलीमकम् ।।६२।।
दुर्नामभ्रान्तिवान्तीश्च क्षिप्रमेव विनाशयेत् । रसः पित्तान्तको ह्येष काशिराजेन भाषितः ।।६३।।

60-63. Pittantaka Rasa:

Ingredients: *Jātīphala*, *jātīkoṣa*, *jaṭāmānsī*, *kuṣṭha*, *tāliśapatra*, *svarṇamākṣika bhasma*, *lauha bhasma*, *abhraka bhasma*, and *rajata bhasma*.

Process of Drug-Making: Take the following in equal quantities (i.e. 50 gm. each): *jātīphala*, *jātīkoṣa*, *jaṭāmānsī*, *kuṣṭha*, *tāliśapatra*, *svarṇamākṣika bhasma*, *lauha bhasma* and *abhraka bhasma*. Triturate all these ingredients adding *rajata bhasma* (400 gm.) along with water. Prepare and store pills in measurement of 250 mg.

Method of use/ Administration and Therapeutic benefits: Consuming one pill according to the prescription would provide relief from disorders like *kuṣṭha* (skin diseases including leprosy), *pitta śūla* located in various branches of the body, *āmlapitta*, *pāṇḍu roga*, *halīmaka*, piles, *bhrānti* and vomiting. This medication has been prepared by Kāśīrāja.

(*Rasendra Sār Sangraha*)

महापित्तान्तकरसः–

यद्यत्र माक्षिकपदे ननु हेमभस्मसंयोजयेत्सविधि भेषजसंविधाता ।
पित्तान्तको रस इति प्रथितो महादिः स्यादेष सर्वविधपित्तनिपातनेन्दुः ।।६४।।

64. Mahāpittāntaka Rasa:

If physicians add *svarṇa bhasma* in place of *svarṇamākṣika bhasma* to the preparation of *Pittantaka Rasa* then it would be called as *Mahāpittāntaka Rasa*. This *Rasa* is capable of curing all types of *rakta pitta* disorders.

तीक्ष्णादिवटिका–

खर्पराभ्ररसास्तुल्यास्तीक्ष्णं च द्विगुणं मतम् । तीक्ष्णपादसमं स्वर्णं जतुक्वाथेन सप्तधा ।।६५।।
भावयित्वा ततः कार्या द्विगुञ्जाप्रमिता वटी । पलङ्कषाकषायेण रसेनोदुम्बरस्य वा ।।६६।।

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प्रयोज्या वटिका ह्येषा शुभा तीक्ष्णादिनामिका । रक्तपित्तं क्षयं कासं यक्ष्माणं श्वसनं ज्वरम् ।
निहन्यात् सकलान् रोगान् केशरी करिणं यथा ।।६७।।

65-67. Tīkṣṇādi Vaṭikā:

Ingredients: Purified *kharpara*, *abhraka bhasma*, *rasa sindūra*, *tīkṣana lauha bhasma*, *svarṇa bhasma* and decoction of *lākṣā*.

Process of Drug-Making: Take the following ingredients: purified *kharpara* (20 gm.), *abhraka bhasma* (20 gm.), *rasa sindūra* (20 gm.), *tīkṣana lauha bhasma* (40 gm.), *svarṇa bhasma* (10 gm.). Make fine powder of these ingredients through mortar. Churn and triturate this powder in the decoction of *lākṣā* for seven times. Prepare pills in measurement of 250 mg. each and store them in glass containers after drying.

Method of use/Administration: This medicine should be consumed along with the decoction of *guggulu* and juice obtained from the flowers of *udumbara*.

Therapeutic benefits: This medicine cures various diseases like consumption, *kāsa* (coughs), breathing trouble, pneumonia and other related disorders. This medicine taken in different *anupānas* can cure various diseases very effectively in the same way as the lion kills its prey.

रक्तपित्तकुलकण्डनरसः (यो. र.)–

शुद्धपारदवलिप्रवालकंहेममाक्षिकभुजङ्गरङ्गकम् ।
मारितं सकलमेतदुत्तमंभावयेदथ पृथग् द्रवैस्त्रिशः ।।६८।।
चन्दनस्य कमलस्य मालतीकोरकस्य वृषपल्लवस्य च ।
धान्यवारणकणाशतावरीशाल्मलीवटजटाऽमृतस्य च ।।६९।।
रक्तपित्तकुलकण्डनाभिधोजायते रसवरोऽस्त्रपित्तिनाम् ।
प्राणदो मधुवृषद्रवैरयंसेवितस्तु युगकृष्णलैर्मितः ।।७०।।
नास्त्यनेन सममत्र भूतले भेषजं किमपि रक्तपित्तिनाम ।।७१।।

68-71. Raktapiṭṭakulakaṇḍana Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *pravāla bhasma*, *svarṇa bhasma*, *svarṇamākṣika bhasma*, *nāga bhasma*, *vanga bhasma*, juice or decoction of red sandalwood, stem of lotus, *mālatī puṣpa* (*mukulita*), leaves of *aḍuṣā*, coriander, *vāramakaṇā* (*gajapippalī*), *śatāvarī kanda*, *śālmalī kanda*, *ankura* of *vāta* and *guḍūcī*.

Process of Drug-Making: Take 12 gm. each of the following ingredients: purified *pārada*, purified *gandhaka*, *pravāla bhasma svarṇa bhasma*,

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svarṇamākṣika bhasma, *nāga bhasma* and *vanga bhasma*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the *bhasmas*. Obtain juice or decoction of red sandalwood, stem of lotus, *mālatī puṣpa* (*mukulita*), leaves of *aḍuṣā*, coriander, *vāraṁakaṇā* (*gajapippalī*), *śatāvarī kanda*, *śālmalī kanda*, *ankura* of *vāta* and *guḍūcī*. Churn and triturate all these ingredients for at least three times and preserve it in glass containers after fully drying it.

Method of use/Administration: *Yugakṛiṣṇāla* i.e. 250 mg. quantity of this medicine should be consumed daily along with *madhuyaṣṭī*, decoction of *aḍuṣā* and honey.

Therapeutic benefits: This *Raktapittakulakandana* medicine is the best medicine among its kind which cures people suffering from *rakta pitta*. Throughout the world, here is no better medicine for curing people suffering from *rakta pitta* disorders.

(*Yoga Ratnākar*)

समशर्करलौहम्–

लौहाच्चतुर्गुणं क्षीरमाज्यं द्विगुणमुत्तमम् । चूर्णं पादन्तु वैडङ्गं दद्यान्मधुसिते समे ।।७२।।
ताम्रपात्रे शुभे पक्त्वा स्थापयेद् घृतभाजने । गुञ्जाषट्कप्रमाणेन भक्षयेद्विधिपूर्वकम् ।।७३।।
अनुपानं प्रयुञ्जीत नारिकेलजलादिकम् । रक्तपित्तं जयेत्तीव्रमम्लपित्तं क्षतक्षयम् ।
पुष्टिदं कान्तिजननमायुष्यं वृष्यमुत्तमम् ।।७४।।

72-74. Samaśarkara Lauham:

Ingredients: *Lauha bhasma*, cow's milk, pure cow *ghṛitam*, powder of *vāyaviḍanga*, honey, jaggery and water.

Process of Drug-Making: Take the following ingredients: *lauha bhasma* (40 gm.), cow's milk (160 ml.), pure cow *ghṛitam* (80 gm.), powder of *vāyaviḍanga* (40 gm.), honey (40 gm.) and jaggery (40 gm.). Cook *lauha bhasma*, milk and *ghṛitam* in water measuring four times the quantity of all ingredients till the original quantity is reduced to one quarter. Treat the decoction with *viḍanga* powder (40 gm.) and after properly churning, remove it from the stove. When the same gets cool down, mix honey and jaggery to it and store it in earthenware coated with *ghṛitam* from inside or in glass jars.

Method of use/Administration: Consume this medication daily in doses of 750 mg. along with coconut water.

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Therapeutic benefits: This medicine cures diseases like *rakta pitta*, *āmlapitta*, *urahakṣata*, loss of sperm and the like. It also promotes the beauty and strength of body. This is a great *rasāyaṇa* and aphrodisiac.

शतमूल्यादिलौहम्–

शतमूलीसिताधान्यनागकेशरचन्दनैः । त्रिकत्रयतिलैर्युक्तं लौहं सर्वगदापहम् ।।७५।।
तृष्णादाहज्वरच्छर्दिरक्तपित्तहरं परम् ।।७६।।

75-76. Śatmūlyādi Lauham:

Ingredients: *Śatamūlī*, raw sugar, coriander seeds, *nāgakeśara*, red sandalwood, *tṛikaṭu* (i.e. dried ginger, *marica* and pepper), *tṛiphalā*, *tṛimada* (i.e. the *vāyaviḍanga*, *mustā*, and *citraka* roots), sesame and *lauha bhasma*.

Process of Drug-Making: Obtain *śatamūlī*, raw sugar, coriander seeds, *nāgakeśara*, red sandalwood, *tṛikaṭu* (i.e. dried ginger, *marica* and pepper), *tṛiphalā* and *tṛimada* (i.e. the *vāyaviḍanga*, *mustā*, and *citraka* roots) and sesame in equal parts (i.e. 25 gm. each) and the *lauha bhasma* in the combined weight of the all (i.e. 375 gm.) and mix them thoroughly.

Therapeutic benefits: This medicine checks *raktapitta* and related ailments.

(*Rasendra Sār Sangraha*)

शर्कराद्यं लौहम् (र. सा. सं.)–

शर्करातिलसंयुक्तं त्रिकत्रययुतं त्वयः । रक्तपित्तं निहन्त्याशु चाम्लपित्तहरं परम् ।।७७।।

77. Śarkarādya Lauham:

Ingredients: Sugar, washed black sesame, dried ginger, pepper, *marica*, each of the *tṛiphalā* herbs, *vāyaviḍanga*, *mustā*, bark of the roots of *citraka*, and *lauha bhasma*.

Process of Drug-Making: Obtain equal parts (i.e. 25 gm. each) of sugar, washed black sesame, dried ginger, pepper, *marica*, each of the *tṛiphalā* herbs, *vāyaviḍanga*, *mustā*, bark of the roots of *citraka* and mix them with *lauha bhasma* in their combined weight (i.e. 275 gm.). Triturate the compound along with water. One should prepare small pills measuring 500 mg. each out of it.

Therapeutic benefits: This medicine checks *raktapitta* as well as *āmlapitta*.

(*Rasendra Sār Sangraha*)

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रक्तपित्तान्तकलौहम् (आमलाद्यं लौहं वा) (र. सा. सं.)–

आमला-पिप्पली-चूर्णं तुल्यया सितया सह । रक्तपित्तहरं लौहं योगराजमिदं स्मृतम् ।।७८।।
वृष्याग्निदीपनं बल्यमम्लपित्तविनाशनम् । पित्तोत्थानपि वातोत्थान्निहन्ति विविधान् गदान् ।।७९।।

78-79. Raktapittāntaka Lauham:

Ingredients: *Āmala* (phyllanthus embelica), pepper, raw sugar and *Lauha bhasma*.

Process of Drug-Making: Take one part each of *āmala*, pepper, raw sugar and three parts of *Lauha bhasma*. Compound them together.

Method of use/Administration: Consume the mix in doses of 500 mg. along with honey.

Therapeutic benefits: This cures *raktapitta* and other ailments. This is said to be the king of the medicinal recipes (*yogas*). It also promotes the beauty and strength of body. This is a great *rasāyaṇa* and it has aphrodisiac properties.

(*Rasendra Sār Sangraha*)

खण्डकाद्यलौहम्–

शतावरी च्छिन्नरुहा वृषो मुण्डितिका बला । तालमूली च गायत्री त्रिफलायस्त्वचस्तथा ।।८०।।
भार्गी पुष्करमूलञ्च पृथक् पञ्च पलानि च । जलद्रोणे विपक्तव्यमष्टभागावशेषितम् ।।८१।।
दिव्यौषधिहतस्यापि माक्षिकेण हतस्य वा । पलद्वादशकं देयं रुक्मलौहस्य चूर्णितम् ।।८२।।
खण्डतुल्यं घृतं देयं पलं षोडशिक बुधैः । पचेत्ताम्रमये पात्रे गुडपाको मतो यथा ।।८३।।
प्रस्थार्द्धमधुनोदेयंशुभाश्मजतुकंत्वचम् । शृङ्गी विडङ्गं कृष्णा च शुण्ठी जातीफलं पलम् ।।८४।।
त्रिफला धान्यकं पत्रंद्व्यक्षं मरिचकेशरम् । चूर्णं दत्त्वा सुमथितं स्निग्धभाण्डे निधापयेत् ।।८५।।
यथाकालं प्रयुञ्जीत विडालपदकं ततः । गव्यक्षीरानुपानञ्च सेव्यं मांसरसं पयः ।।८६।।
गुरुवृष्यान्नपानानि स्निग्धमांसादिबृंहणम् । रक्तपित्तं क्षयं कासं पक्तिशूलं विशेषतः ।।८७।।
वातरक्तं प्रमेहञ्च शीतपित्तं वमिं क्लमम् । श्वयथुं पाण्डुरोगञ्च कुष्ठप्लीहोदरन्तथा ।।८८।।
आनाहं रक्तमाश्वेवमम्लपित्तं निहन्ति च । चक्षुष्यं बृंहणं वृष्यं मङ्गल्यं प्रीतिवर्द्धनम् ।।८९।।
आरोग्यपुत्रदं श्रेष्ठं कायाग्निंबलवर्द्धनम् । श्रीकरं लाघवकरं खण्डकाद्यं प्रकीर्त्तितम् ।।९०।।

80-90. Khanḍakādya Lauham:

Ingredients: *Śatāvarī*, *cinnaruhā*, *vṛiśa*, *munḍītika*, *balā*, *tālamūlī*, *gāyatṛi*, *tṛiphalā* herbs (without seeds), *bhārgī*, *puṣkaramūla*, *bhasma* of *rukma* type of *lauha*, *divyausadhis* or *mākṣika*, sugar, *ghṛitam*, honey, *śubhā*, *aśma jātu*, *tvak*, *śṛingī*, *viḍanga*, *kṛiṣṇā*, *śunṭhī* and *ajājī*.

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Process of Drug-Making: 240 gm. each of *śatāvarī*, *cinnaruha*, *vṛiśa*, *muṇḍitika*, *balā*, *talamult*, *gāyatrī*, *triphalā* herbs (without seeds), *bhārgī* and *puṣkaramūla* should be boiled in 12.50 litres of water till one eighth remains. Then the decoction should be filtered with a cloth. 590 gm. of the *bhasma* of *rukma* type of *lauha* prepared by adding *divyauṣadhis* or *mākṣika*, 750 gm. of sugar and 750 gm. of *ghṛitam* should be added to this decoction and cooked in a copper vessel according to the procedure prescribed for *guḍa pāka*. Thereafter, 375 gm. of honey, 12 gm. each of *śubhā*, *aśma jātu*, *tvak*, *śṛingī*, *viḍanga*, *kṛiṣṇā*, *śunṭhī* and *ajājī* and 25 g. of the powder of each of *triphalā* herbs, *dhānyaka*, *patra*, *marica* and *keśara* should be added to it and mixed well. The recipe should be stored in a vessel smeared with *ghṛitam*.

Method of use/Administration: In appropriate time, the patient should be administered the dose of one *viḍāla padaka* of the drug along with the *anupāna* of cow's milk or meat soup or water. The patient should be served with food and drinks which are heavy, aphrodisiac, unctuous and nourishing, like meat.

Therapeutic benefits: It cures *rakta pitta*, tuberculosis, *kāsa* (coughs), colic pain during digestion of food, gout, *prameha* (obstinate urinary disorder including diabetes), *śītapitta*, vomiting, parasitic infection, edema, anemia, *kuṣṭha* (skin diseases including leprosy) enlargement of spleen, *ānāha* (wind formation in the abdomen associated with constipation), bleeding and *āmla pitta* (a condition characterized by acid eructation). The drug promotes eyesight, nourishes the body and increases strength as well as power of digestion and metabolism. It bestows auspiciousness and causes lightness of body. This is called *Khanḍakādya Lauham*.

(Cakradatt)

खण्डकाद्यलौहे पथ्यम् (च. द.)–

छागं पारावतंमांसंतित्तिरिः क्रकरः शशः । कुरङ्गः कृष्णसाराश्च तेषां मांसानि योजयेत् ।।९१।।
नारिकेलपयःपानं सुनिषण्णकवास्तुकम् । शुष्कमूलकजीराख्यं पटोलं बृहतीफलम् ।।९२।।
फलं वार्त्ताकु पक्वाम्रं खर्जूरं स्वादुदाडिमम् । ककारपूर्वकं यच्च मांसं चानूपसंभवम् ।।९३।।
वर्जनीयं विशेषेण खण्डकाद्यं प्रकुर्वता । लोहान्तरवदत्रापि पुटनादिक्रियेष्यते ।।९४।।

91-94. The patient should be served with meat of goat, pigeon, *tittirī* (partridge), *krakara*, rabbit, *kulinga* and *kṛiṣṇaśara*. He should drink coconut-water and eat vegetables like *sunisaṇṇaka*, *vāstuka*, dried *mūlaka*, *jīrākhya*, *paṭola* and fruits of *bṛihatī*, and fruits like ripe mango, *kharjūra* and sweet variety of *dāḍima*. The patient should not avoid six items beginning with the Sanskrit

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alphabet '*ka*' [viz. *kadalī*, *kanda* (rhizomes), *karīra*, *kāravellaka*, *kānjika* and *kāravellaka*, *kānjika* and *karamarda*]. The meat of animals having the Sanskrit alphabet '*ka*' in the beginning of their names and meat of animals dwelling in marshy land should be specially avoided by a patient using this recipe called *Khanḍakādya Lauham*.

कूष्माण्डखण्डः–

कूष्मांडकात्पलशत सुस्विन्नं निष्कुलीकृतम् । पचेत्तप्ते घृतप्रस्थे शनैस्ताम्रमये दृढे ।।९५।।
यदा मधुनिभः पाकस्तदा गंडशतं न्यसेत् । पिप्पलीशृङ्गबेराभ्यां द्वे पले जीरकस्य च ।।९६।।
त्वगेलापत्रमरिचधान्यकानां पलार्द्धकम् । न्यसेच्चूर्णीकृतं तत्तु दर्व्या संघट्टयेत्पुनः ।।९७।।
तत्पक्वं स्थापयेद्भाण्डे दत्त्वा क्षौद्रं घृतार्द्धकम् । तद्यथाग्निबलं खादेद्रक्तपित्ती क्षतक्षयी ।।९८।।
कासश्वासतमश्छर्दितृष्णाज्वरनिपीडितः । वृष्यं पुनर्नवकरं बलवर्णप्रसादनम् ।।९९।।
उरःसन्धानकरणं बृंहणं स्वरशोधनम् । अश्विभ्यां निर्मितं श्रेष्ठं कूष्माण्डकरसायनम् ।।१००।।
खण्डामलकमानानुसारात् कूष्मांडकद्रवात् । पात्रं पाकाय दातव्यं यावान्वाऽत्र रसो भवेत् ।।
अत्रापि मुद्रया पाको निस्त्वचं निष्कुलीकृतम् ।।१०१।।

95-101. Kūṣmāṇḍakhanḍa:

Ingredients: *Kūṣmaṇḍa* (white gourd), *ghṛitam*, sugar, powders of *pippalī*, *śṛīngavera*, *jīraka*, *tvak*, *elā*, *patra*, *marica*, *dhānyaka* and honey.

Process of Drug-Making: Remove the skin and seeds of a *kūṣmaṇḍa* and boil it along with a little water.Subsequently, take out the boiled fruit and either through packing it into a piece of silk or through hands, squeeze out its juice into a pot. Thus raise 5 litre measure of this juice. The squeezed out fruit should be fried in a strong vessel of copper by adding 750 gm. of *ghṛitam* to it. When the recipe assumes the colour of honey, 5 kg. of sugar should be added to it. To this, 100 gm. of the powder of each of *pippalī*, *śṛīngavera* and *jīraka* and 25 gm. of the powder each of *tvak*, *elā*, *patra*, *marica* and *dhānyaka* should be added and stirred with the help of a spoon. When fully cooked, 375 gm. of honey should be added to it.

On the lines suggested for *khanḍamalakī* (please see Chapter 30 para 228-232.), 750 ml. of the juice (or in which ever quantity the juice comes out) of boiled *kuṣmānḍa* should be added to the recipe for boiling. To ascertain proper *pāka*, the recipe should be tested by pressing between two fingers by which finger print appears on the recipe (*mṛidu pāka*). The *kuṣmānḍa* used in this recipe should be free from epicarp and fibres.

Method of Use/Administration: Dosage: 5 gm. to 10 gm.

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Therapeutic benefits: Depending upon the power of digestion, it should be administered to patients suffering from *raktapitta*, phthisis, consumption, *kāsa* (coughs), asthma, giddiness, vomiting, thirst and fever. It is an aphrodisiac drug and it rejuvenates the body. It promotes strength and complexion. It heals any injury to the chest (*urah sandhāna*). It promotes nourishment and voice. This recipe is called *Kūṣmaṇḍaka Rasāyaṇa* and it was propounded by the Aśvins.

(Cakradatt)

वासाखण्डकूष्माण्डः–

पञ्चाशच्चपलंस्विन्नकूष्माण्डात्प्रस्थमाज्यतः । ग्राह्यंपलशतंखण्डंवासाक्वाथाढके पचेत् ।।१०२।।
मुस्ता धात्री शुभा भार्गीत्रिसुगन्धैश्चकार्षिकैः । ऐलेयविश्वधन्याकमरिचैश्च पलांशिकैः ।।१०३।।
पिप्पलीकुडवञ्चैव मधुमाणिकां दापयेत् । एतच्चूर्णीकृतं तत्र दर्व्या संघट्टयेत् पुनः ।।१०४।।
तद् यथाग्निबलं खादेद् रक्तपित्ती क्षतक्षयी । वृष्यं पुनर्नवकरं बलवर्णकरं च यत् ।।१०५।।
कासं श्वासं तथा हिक्कां रक्तपित्तं हलीमकम् । हृद्रोगमम्लपित्तञ्च पीनसञ्च व्यपोहति ।।१०६।।

102-106. Vāsa Khanḍa Kūṣmaṇḍaka:

Ingredients: Boiled *Kūṣmaṇḍa*, *ghṛitam*, sugar, decoction of *vāsa*, *mustā*, *bhārgī*, *śubhā*, *dhātrī*, *tṛisugandhā*, small cardamom, dried ginger, coriander seeds, *marica*, *pippalī* and honey.

Process of Drug-Making: 2.5 kg. of boiled *kūṣmaṇḍaka*, 750 gm. of *ghṛitam* and 5 kg. of sugar should be boiled with 3 litre of the decoction of *vāsa*. To this, 12 gm. each of *mustā*, *bhārgī*, *śubhā*, *dhātrī* and *tṛisugandhā*, 50 gm. each of small cardamom, dried ginger, coriander seeds and *marica*, *pippalī* (190 gm.) and honey (375 gm.) should be added.

Therapeutic benefits: This cures *kāsa* (coughs), asthma, phthisis, hiccup, *rakta pitta*, *halīmaka* (a serious type of jaundice), heart diseases, *āmla pitta* (a condition characterized by acidity in eructation) and chronic rhinitis.

(Cakradatt)

वासाखण्डः–

तुलामादाय वासायाः पचेदष्टगुणे जले । तेन पादावशेषेण पाचयेदाढकं भिषक् ।।१०७।।
चूर्णानामभयानाञ्चखण्डाच्छुद्धशतंन्यसेत् । द्विपलंपिप्पलीचूर्णात्सिद्धशीते च माक्षिकात् ।।१७८।।
कुडवं पलमात्रन्तु चातुर्जातं सुचूर्णितम् । क्षिप्त्वा विलोडितं खादेद्रक्तपित्ती क्षतक्षयी ।
कासश्वासपरीतश्च यक्ष्मणा च प्रपीडितः ।।१०९।।

107-109. Vāsa Khanḍa:

Ingredients: *Vāsa*, water, powder of *abhayā*, sugar, powder of *pippalī*, honey and fine powder each of *cāturjāta* herbs.

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Process of Drug-Making: 5 kg. of *vāsa* should be boiled with eight times of water (i.e. 40 litre) till one fourth remains. To this, 3 kg. of the powder of *abhayā*, 5 kg. of sugar and 100 gm. of the powder of *pippalī* should be added. After it becomes cold, 190 gm. of honey and 12 gm. of the fine powder of the each of *cāturjāta* herbs should be added and mixed well.

Method of Use/Administration: Dosage: 5 gm. to 10 gm.

Therapeutic benefits: This cures *rakta pitta*, phthisis, consumption, *kāsa* (coughs) and asthma. It is especially effective in curing tuberculosis.

(Cakradatt)

कूष्माण्डावलेहः (बृहत्) (भा. प्र.)–

पुराणं पीनमानीय कूष्माण्डस्य फलं दृढम् । तद्बीजाधारबीजत्वक्शिराशून्यं समाचरेत् ।।११०।।
ततोऽतिसूक्ष्मखण्डानिकृत्वातस्यतुलांपचेत् । गोदुग्धस्यतुलामध्येमन्देऽग्नौवा पचेच्छनैः ।।१११।।
शर्करायास्तुलां सार्द्धं गोघृतं प्रस्थमात्रकम् । प्रस्थार्द्धंमाक्षिकंचापि कुडवं नारिकेलतः ।।११२।।
प्रियालफलमज्जानं द्विपलं तिखुरीपलम् । क्षिपेदेकत्र विपचेल्लेहवत् साधु साधयेत् ।।११३।।
भिषक् सुपक्वमालोक्य ज्वलनादवतारयेत् । कोष्णेतत्रक्षिपेदेषां चूर्णं तानि वदाम्यहम् ।।११४।।
एकोऽक्षःशतपुष्पायाअथक्षीरायमानिका । गोक्षुरः क्षुरकः पथ्या कपिकच्छूफलानि च ।।११५।।
सप्तमीत्वक्चसर्वेषामक्षयुग्मं पृथक् पृथक् । धन्याकं पिप्पली मुस्तमश्वगन्धा शतावरी ।।११६।।
तालमूली नागबला बालकं पत्रकं शटी । जातीफलं लवङ्गं च सूक्ष्मैला बृहदेलिका ।।११७।।
शृङ्गाटकं पर्पटं सर्वं पलामितं पृथक् । चन्दनं नागरं धात्रीफलं चापि कशेरुकम् ।।११८।।
प्रत्येकं पञ्चकर्षाणि चत्वार्येतानि निक्षिपेत् । पलद्वयमुशीरस्य मसनस्योषणस्य च ।।११९।।
कूष्मांडस्यावलेहोऽयंभक्षितःपलमात्रया । किंवा यथावह्निबलं भुक्त्वा रोगं विनाशयेत् ।।१२०।।
रक्तपित्तं शीतपित्तमम्लपित्तमरोचकम् । वह्निमान्द्यं संदाहं च तृष्णां प्रदरमेव च ।।१२१।।
रक्तार्शोऽपितथाच्छर्दिपाण्डुरोगं च कामलाम् । उपदंशं विसर्पञ्च जीर्णं च विषमज्वरम् ।।१२२।।
लेहोऽयं परमो वृष्यो बृंहणो बलबर्द्धनः । स्थापनीयः प्रयत्नेन भाजने मृन्मये नवे ।।१२३।।

110-123. Kuṣmāṇḍa Avaleha:

Ingredients: Fruit of *kuṣmāṇḍa*, cow's milk, sugar, cow's *ghṛitam*, honey, *nāṛikela*, seed pulp of *piyāla*, fruits of *tṛisuṛi*, *śatapuṣpā*, *jira*, *yamānīka*, *gokṣura*, *kṣuraka*, *pathyā*, *keśara*, *vanśalocana*, *tvak*, *dhānyaka*, *pippalī*, *mustā*, *aśvagandhā*, *śatāvarī*, *tālamūli*, *nāgabalā*, *bālaka*, *patraka*, *śaṭī*, *jātīphala*, *lavanga*, *śukṣmalila*, bigger cardamom, *śṛingāṭaka*, *parpaṭa*, *candana*, *nāgara*, *dhātrī phalā*, *kaṣeruka*, *uśīra* and *uśṇa*.

Process of Drug-Making: Matured, compact and large-size fruit of *kuṣmāṇḍa* should be made free from the *bijādhāra* (seed beds in the center of the pulp),

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seeds, skin and fibers and cut into very small pieces. 5 kg. of this should be gradually boiled along with 5 litres of cow's milk over mild fire. To this, 7.50 gm. of jaggery, 750 gm. of cow's *ghṛitam*, 375 gm. of honey (actually honey should be added after the confection is prepared and cooled), 190 gm. of *nārikela* and 100 gm. each of the seed pulp of *piyāla* and fruits of *tṛisuṛi* should be added and boiled till the confection is properly prepared. Thereafter, the container should be removed from the oven. To this, the powder measuring 12 gm. of *śatapuṣpā*, 23 gm. each of *jira*, *yamānīka*, *gokṣura*, *kṣuraka*, *pathyā*, *keśara*, *vanśalocana* and *tvak*, 50 gm. each of *dhānyaka*, *pippalī*, *mustā*, *aśvagandhā*, *śatāvarī*, *tālamūli*, *nāgabalā*, *bālaka*, *patraka*, *śaṭī*, *jātīphala*, *lavanga*, *śukṣmalila*, bigger cardamom, *śṛīngāṭaka*, *parpaṭa*, 60 gm. of *candana*, *nāgara*, *dhātrī phalā* and *kaṣeruka*, 100 gm. of *uśīra* and 100 gm. of *uṣna* should be added.

Method of use/Administration: This is called *Kuṣmānḍa Avaleha*. It should be administered in the dose of 48 gm. or in any other suitable dose depending upon the power of digestion of the patient.

Therapeutic benefits: It cures *rakta pitta*, *śītapitta*, *āmla pitta* (a condition characterized by indigestion and acid eructation), anorexia, suppression of the power of digestion, burning sensation, thirst, menorrhagia, bleeding piles, vomiting, anemia, jaundice, *upadamśa* (syphilis), erysipelas, chronic fever and *viṣam* type of fever. This confection is exceedingly aphrodisiac, nourishing and strength-promoting. This should be carefully kept in a new earthen vessel.

(*Bhāvaprakāśa*)

वासाघृतम्–

वासां सशाखां सपलाशमूलांकृत्वा कषायं कुसुमानि चास्याः ।
प्रदाय कल्कं विपचेद् घृतञ्च क्षौद्रेण पानाद्विनिहन्ति रक्तम् ।।१२४।।

124. Vāsāghṛitam:

Ingredients: Plant *aḍuṣā* along with its roots, leaves, branches, flowers and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Obtain 1.250 kg. measure of plant *aḍuṣā* along with its roots, leaves, branches and flowers. Take water in eight times of this measurement. Decoct both of them till original quantity is reduced to a one-eighth. Put the preparation a large metallic pan and add to it 1 kg. of *mūrcchita* cow *ghṛitam* and 250 ml. of the *kalka* of plant *aḍuṣā*. Cook the preparation again.

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When the *kalka* is properly cooked remove out the preparation and strain it into a glass ware.

Note: The Sanskrit and Hindi commentators have suggested to take *mūrcchita ghṛitam* in a double quantity. However, it is better to take *mūrcchita ghṛitam* measuring four times of the herbs.

Method of use/Administration: This medicine is to be taken daily in doses 5 gm. to 10 gm. along with honey and sugar in unequal quantities. The intake of this medicine should be followed by intake of lukewarm milk of cow (or goat).

Therapeutic benefits: Taking this medicine for some consecutive days cures the patient of *rakta pitta* (*adhomārga* type). This *Vāsāghṛitam* is a great medicine of diseases like *kāsa* (coughs), breathing troubles, fever (*paittika*), *śūla*, *gulma*, enlargement of liver and spleen, heart troubles and anemia, *timira*, *visarpa* and *svara bheda*.

(Caraka)

दूर्वाद्यं घृतम्–

दूर्वा सोत्पलकिञ्जल्का मञ्जिष्ठा सैलवालुका । सिता शीतमुशीरञ्च मुस्तं चन्दनपद्मके ।।१२५।।
विपचेत्कार्षिकैरेतैःसर्पिराजं सुखाग्निना । तण्डुलाम्बु त्वजाक्षीरं दत्त्वा चैव चतुर्गुणम् ।।१२६।।
तत्पानं वमतो रक्तं नावनं नासिकागते । कर्णाभ्यां यस्य गच्छेत्तु तस्य कर्णौ प्रपूरयेत् ।।१२७।।
चक्षुःस्राविणि रक्ते च पूरयेत्तेन चक्षुषी । मेढ्रपायुप्रवृत्ते तु वस्तिकर्मसु तद्धितम् ।।१२८।।
रोमकूपप्रवृत्ते तु तदभ्यङ्गः प्रशस्यते ।।१२९।।

125-129. Dūrvādya Ghṛitam:

Ingredients: *Dūrvā*, pollens of *utpala*, *manjiṣṭhā*, *elā* *vāluka*, *śīta*, *uśīra*, *mustā*, *padmaka*, *drākṣā*, *madhuka*, *yastyahva*, *kāśmarī*, both the types of *candan*, *mūrcchita ghṛitam*, rice-washing (*taṇḍulāmbu*) and goat's milk.

Process of Drug-Making: Prepare a *kalka* out of the *dūrvā*, pollens of *utpala*, *manjiṣṭhā*, *elā* *vāluka*, *śīta*, *uśīra*, *mustā* and *padmaka*, each taken in measure of 12 gm. Cook the *kalka* along with 480 gm. of *mūrcchita ghṛitam* obtained from goats, *taṇḍulāmbu* measuring 1920 ml. as well as the goat's milk also measuring 1920 ml. Boil down the preparation to the level when only the 480 ml. of its remains.

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Note: The Sanskrit and Hindi commentators have suggested to take *mūrcchita ghṛitam* in a double quantity. However, it is better to take *mūrcchita ghṛitam* measuring four times of the herbs.

Method of use/Administration and Therapeutic benefits: This should be taken orally if there is blood vomiting. In bleeding from the nose, this medicated *ghṛitam* should be used as ear-drop. This should be dropped in the eyes if there is bleeding from there. If there is bleeding from the urethra and anus, then this medicated *ghṛitam* should be administered in the form of enema (*basti*) and *uttara basti*. If there is bleeding from the roots of hair, then this medicated *ghṛitam* should be used for massage.

(Gadanigraha)

सप्तप्रस्थघृतम्–

शतावरीपयोद्राक्षाविदारीक्ष्वामलै रसैः । सर्पिषा सह संयुक्तैः सप्तप्रस्थं पचेद् घृतम् ।।१३०।।
शर्करापादसंयुक्तं रक्तपित्तहरं पिबेत् । उरःक्षते पित्तशूले चोष्णवातेऽप्यसृग्दरे ।
बल्यमोजस्करं वृष्यं क्षयहृद्रोगनाशनम् ।।१३१।।

130-131. Saptaprastha Ghṛitam:

Ingredients: *Mūrcchitaghṛitam*, juice *of śatāvarī*, *drākṣā*, *vidārī*, *ikṣu* and *āmalakī*, milk and sugar.

Process of Drug-Making: 750 gm. of *mūrcchita ghṛitam* should be boiled with equal measure juices of each of *śatāvarī*, *drākṣā*, *vidārī*, *ikṣu* and *āmalakī*, milk and sugar (one fourth in quantity, of *mūrcchita ghṛitam*).

Method of use/Administration: Take the medicine in doses of 5 gm. to 10 gm. along with 6 gm. of jaggery mixed into it.

Therapeutic benefits: Intake of this medicated *ghṛitam* cures phthisis, colic-pain caused by *pitta*, *uṣna vāta* (a condition characterized by burning micturition) and menorrhagia. It promotes strength, *ojas* (intellects) and appetite. It is aphrodisiac and it also checks the heart diseases.

(Cakradatt)

शतावरीघृतम् (च. द.)–

शतावर्यास्तु मूलानां रसप्रस्थद्वयं मतम् । तत्समं च भवेत् क्षीरं घृतप्रस्थं विपाचयेत् ।।१३२।।
जीवकर्षभकौ मेदा महामेदा तथैव च । काकोली क्षीरकाकोली मृद्वीका मधुकं तथा ।।१३३।।
मुद्गपर्णी माषपर्णी विदारी रक्तचन्दनम् । शर्करामधुसंयुक्तं सिद्धं विस्रावयेद्भिषक् ।।१३४।।

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रक्तपित्तविकारेषु वातरक्तगदेषु च । क्षीणशुक्रेषु दातव्यं बाजीकरणमुत्तमम् ।।१३५।।
अङ्गदाहं शिरोदाहं ज्वरं पित्तसमुद्भवम् । योनिशूलं च दाहं च मूत्रकृच्छ्रं च पैत्तिकम् ।।१३६।।
एतान् रोगान् निहन्त्याशु छिन्नाभ्राणीव मारुतः । शतावरीसर्पिरिदं बलवर्णाग्निबर्द्धनम् ।।१३७।।
स्नेहपादःस्मृतःकल्कःकल्कवन्मधुशर्करे । इतिवाक्यबलात्स्नेहे प्रक्षेप्यं पादिकं भवेत् ।।१३८।।

132-138. Śatāvarī Ghṛitam:

Ingredients: Juice of the root of *śatāvarī*, milk, *mūrcchita ghṛitam*, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahā medā*, *kākolī*, *kṣīra kākolī*, *mṛidvīkā*, *madhuka*, *mudgaparṇī*, *māṣaparṇī*, *vidārī*, *rakta candana*, sugar and honey.

Process of Drug-Making: Juice of the root of *śatāvarī* (1.500 kg.), milk (1.500 litre) and *mūrcchita ghṛitam* (750 gm.) should be boiled with *kalkas* of *jīvaka*, *ṛiṣabhaka*, *medā*, *mahā medā*, *kākolī*, *kṣīra kākolī*, *mṛidvīkā*, *madhuka*, *mudgaparṇī*, *māṣaparṇī*, *vidārī*, *rakta candana* (15 gm. each), sugar and honey (187 gm. each).

In the preparation of medicated *ghṛitam*, the *kalka* of drugs (*kalka*) should be one fourth of *mūrcchita ghṛitam* (*sneha*) in quantity. The quantity of honey and sugar should be same as the *kalka*. One the basis of this rule, in this recipe, the quantity of *prakṣepa dravyas* should be one fourth of the *mūrcchita ghṛitam*.

Method of use/Administration: The medicine should be taken in doses of 6 gm. to 8 gm.

Therapeutic benefits: This medicated *ghṛitam* cures *rakta pitta* and gout. This is an excellent aphrodisiac and it is useful in reduced semen. It cures burning sensation in the body and head, burning sensation caused by *pitta*, pain and burning sensation in the female genital tract and *mūtrkṛicchra* caused by *pitta*. This recipe cures these diseases as the wind removes cloud. This is called *Śatāvarī Ghṛitam*. It promotes strength, complexion and power of digestion.

(Cakradatt)

शतावरीघृतम् (बृहत्) (च. सं. चि. स्या. अ. ३०)–
शतावरीमूलतुलाश्चतस्रः संप्रपीडयेत् । रसेन क्षीरतुल्येन पचेत्तेन घृताढकम् ।।१३९।।
जीवनीयैः शतावर्या मृद्वीकाभिः परूषकैः । पियालैश्चाक्षकैः पिष्टैर्द्वियष्टिमधुकैः पचेत् ।।१४०।।
सिद्धे शीते च मधुनःपिप्पल्याश्चपलाष्टकम् । दत्त्वा दशपलञ्चात्र सितायास्तद्विमिश्रितम् ।।१४१।।
ब्राह्मणान् प्राशयेत्पूर्वंलिह्यात्पाणितलंततः । योन्यसृक्शुक्रदोषघ्नं वृष्यं पुंसवनं च तत् ।।१४२।।
क्षतक्षयं रक्तपित्तं कासं श्वासं हलीमकम् । कामलां वातरक्तं च विसर्पं हृच्छिरोग्रहम् ।।१४३।।
उन्मादायामसंन्यासं वातपित्तात्मकं जयेत् ।।१४४।।

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139-144. *Śatāvarī Ghṛitam (Major Recipe):*

Ingredients: Juice of the roots of plant *śatāvarī*, milk, *mūrcchita ghṛitam*, *jīvanīya* group of herbs, *śatāvarī*, raisin, *paruṣka*, *piyāla* and *madhuka*, honey, pepper and raw sugar.

Process of Drug-Making: Obtain 20 kg. of the roots of plant *śatāvarī* and extract its juice. Add to it milk equal in quantity of the juice and *mūrcchita ghṛitam* measuring 3 kg. Cook the preparation on a slow heat till the water is evaporated. Strain the medicine. Get 12 gm. measures of the each of the *jīvanīya* group of herbs as well as *śatāvarī*, raisin, *paruṣka*, *piyāla* and 25 gm. of *madhuka*. Prepare a *kalka* out of their mixture. Mix this *kalka* into the decoction above. Also add 400 gm. measure of honey, 350 gm. of pepper and 500 gm. measure of raw sugar to it.

Method of use/Administration: Take this medicine in doses of 5 gm. to 10 gm.

Therapeutic benefits: This medicine is very effective in cases of menstrual problem and sperm related disorders. This is also a cure for *rakta pitta*, consumption, *kāsa* (coughs), breathing troubles, *halīmaka*, jaundice, *vāta rakta*, *visarpa*, heart disorders, insanity, coma and the like.

(Caraka)

कामदेवघृतम् (च. द.)–

अश्वगन्धा पलशतं तदर्धं गोक्षुरस्य च । शतावरी विदारी च शालपर्णी बला तथा ।।१४५।।
अश्वत्थस्य च शुङ्गानि पद्मबीजं पुनर्नवा । काश्मरीफलमेतं तु माषबीजं तथैव च ।।१४६।।
पृथग् दशपलान् भागांश्चतुर्द्रोणेऽम्भसः पचेत् । चतुर्भागावशेषन्तु कषायमवतारयेत् ।।१४७।।
मृद्वीका पद्मकं कुष्ठं पिप्पली रक्तचन्दनम् । बालकं नागपुष्पञ्च आत्मगुप्ताफलं तथा ।।१४८।।
नीलोत्पलं शारिवे द्वे जीवनीयं विशेषतः । पृथक् कर्षसमं चैव शर्करायाः पलद्वयम् ।।१४९।।
रसस्य पौण्ड्रकेक्षूणामाढकं तत्र दापयेत् । चतुर्गुणेन पयसा घृतप्रस्थं विपाचयेत् ।।१५०।।
रक्तपित्तं क्षतक्षीणं कामलां वातशोणितम् । हलीमकं तथा शोथं स्वरभेदं बलक्षयम् ।।१५१।।
अरोचकं मूत्रकृच्छ्रं पार्श्वशूलं च नाशयेत् । एतद्राज्ञां प्रयोक्तव्यं वह्नन्तःपुरचारिणाम् ।।१५२।।
स्त्रीणाञ्चैवानपत्यानांदुर्बलानांच देहिनाम् । क्लीबानामल्पशुक्राणां जीर्णानामल्परेतसाम् ।।१५३।।
श्रेष्ठं बलकरं हृद्यं वृष्यं पेयं रसायनम् । ओजस्तेजस्करं चैव आयुःप्राणविवर्द्धनम् ।।१५४।।
संवर्द्धयति शुक्रं च पुरुषं दुर्बलेन्द्रियम् । सर्वरोगविनिर्मुक्तस्तोयसिक्तो तथा द्रुमः ।
कामदेव इति ख्यातः सर्वर्त्तुषु च शस्यते ।।१५५।।

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145-155. Kāmadeva Ghṛitam:

Ingredients: *Aśvagandhā*, *gokṣura*, *śatāvarī*, *vidārī*, *śālaparṇī*, *balā*, adventitious roots of *aśvattha*, seeds of *padma*, *punarnavā*, fruits of *kāśmarī*, seeds of *māṣa*, *mṛidvīkā*, *padmaka*, *kuṣṭha*, *pippalī*, *rakta candana*, *bālaka*, *nāga puṣpa*, fruits of *ātmaguptā*, *nilotapala*, both the varieties of *śārivā*, drugs belonging to *jīvanīya* group, sugar, juice of *paundraka* type of sugar cane, milk and *mūrcchita ghṛitam*.

Process of Drug-Making: *Aśvagandhā* (5 kg.), *gokṣura* (2.50 kg.) and 470 gm. each of *śatāvarī*, *vidārī*, *śālaparṇī*, *balā*, adventitious roots of *aśvattha*, seeds of *padma*, *punarnavā*, fruits of *kāśmarī* and seeds of *māṣa* should be boiled in 51 litre of water till one fourth remains. To this, add *kalka* made out of 12 gm. each of the *mṛidvīkā*, *padmaka*, *kuṣṭha*, *pippalī*, *rakta candana*, *bālaka*, *nāga puṣpa*, fruits of *ātmaguptā*, *nilotapala*, both the varieties of *śārivā* and herbs belonging to *jīvanīya* group. Add to the preparation, 90 gm. of sugar, 750 gm. each of the juice of *paundraka* type of sugar canes, 3 litre of milk and 3 litre of *mūrcchita ghṛitam* and boil the prepartion poperly.

Method of Use/Administration: Dosage: 5 gm. to 10 gm.

Therapeutic benefits: This medicated *ghṛitam* cures *rakta pitta*, phthisis, jaundice, gout, *halīmaka* (a serious type of jaundice), edema, discolouration of the skin, aphonia, anorexia, dysuria and pain in cases of pleurisy. This recipe should be administered to the nobles having many women in the harem. It is useful for ladies without a child, emaciated persons, persons suffering from impotency, less of sperm and old age. This is an excellent recipe for the promotion of strength. It is cardiac *rasāyaṇa*, aphrodisiac and rejuvenating. It promotes *ojas* (intellects), complexion, longevity and life. In a weak person, it promotes sperms and keeps him free from all diseases as a tree sprinkled with water at the root becomes free from ailments. This is called *Kāmdeva Ghṛitam*. It is useful in all seasons.

(Cakradatt)

ह्रीबेराद्यं तैलम्–

ह्रीबेरं नलदं लोध्रं पद्मकेशरपत्रकम् । नागपुष्पञ्च बिल्वञ्च भद्रमुस्ता तथा शटी ।।१५६।।
चन्दनञ्चैव पाठा च कुटजस्य फलत्वचम् । त्रिफला शृङ्गबेरञ्च भूतावासत्वचस्तथा ।।१५७।।
आम्रास्थिजम्बुसारास्थिमूलं रक्तोत्पलस्य च । एतेषां कार्षिकैर्भागैस्तैलप्रस्थं विपाचयेत् ।।१५८।।
लाक्षारसाढकञ्चैव क्षीरं स्नेहसमं भवेत् । रक्तपित्तञ्च त्रिविधं नाशयेदविकल्पतः ।।१५९।।
कासं पञ्चविधं हन्ति तथा श्वासमुरःक्षतम् । ह्रीबेराद्यमिदं तैलं बलवर्णाग्निवर्द्धनम् ।।१६०।।

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श्रीमद्गहननाथेन निर्मितं लोकमङ्गलम् ।।१६१।।

156-161. Hṛiberādyam Tailam:

Ingredients: *Sugandhabālā*, *uśīra*, *lodhra*, *kamalakeśara*, cassia leaves, *nāga keśara*, pulp of unripe *bilva* fruit, *nāgara mustā*, *karcūra*, red sandalwood, *pāṭhā*, *indrayava*, bark of *kuṭaja*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, bark of *vibhītaka* tree, seed of mango, seed of *jambū*, red sandalwood, *mūrcchita* sesame oil, juice of *lākṣā* and milk.

Process of Drug-Making: Prepare *kalka* out of the following ingredients measuring 12 gm. each: *sugandhabālā*, *uśīra*, *lodhra*, *kamala keśara*, cassia leaves, *nāga keśara*, pulp of unripe *bilva* fruit, *nāgara mustā*, *karcūra*, red sandalwood, *pāṭhā*, *indrayava*, bark of *kuṭaja*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, bark of *vibhītaka* tree, seed of mango, seed of *jambū* and red sandalwood. After obtaining the *kalka,* mix *mūrcchita* sesame oil (750 ml.), juice of *lākṣā* (3 litres) and milk (750 ml.) and cook it on a slow heat. Cook it till only the oil is left. Cool down the *taila* and pour it into glass bottles.

Method of use/Administration: This oil should be used daily as an ointment.

Therapeutic benefits: This oil cures three types of *rakta pitta* disorders, fives types of bronchitis, asthma and *urahkṣati*. This oil promotes strength, beauty and digestive power. This oil has been prepared by Śrī Gahanānandjī for the welfare of mankind.

उशीरासवः–

उशीरंबालकं पद्मं काश्मर्यं नीलमुत्पलम् । प्रियङ्गं पद्मकं लोध्रं मञ्जिष्ठां धन्वयासकम् ।।१६२।।
पाठां किराततिक्तञ्च न्यग्रोधेदुम्बरं शटीम् । पर्पटं पुण्डरीकं पटोल काञ्चनारकम् ।।१६३।।
जम्बूशाल्मलिनिर्यासंप्रत्येकंपलसम्मितम् । भागांस्तुचूर्णितान्कृत्वाद्राक्षायाःपलविंशतिम् ।।१६४।।
धातकीं षोडशपलां जलद्रोणद्वये क्षिपेत् । शर्करायास्तुलां दत्त्वा क्षौद्रस्यार्द्धतुलां तथा ।।१६५।।
मासैकं स्थापयेद्भाण्डे मांसीमरिचधूपिते । उशीरासव इत्येष रक्तपित्तविनाशनः ।
पाण्डुकुष्ठप्रमेहार्शः-कृमिशोथहरस्तथा ।।१६६।।

162-166. Uśīra Āsava:

Ingredients: *Uśīra*, *netrabālā*, *netrabālā* (root), *gambhārī* (bark), *nīlakamala*, *priyangu*, *padmaka*, *lodhra*, *manjiṣṭhā*, *dhanvayāsaka*, *pāthā*, *kirātatikta*, *vāta* (its shoots and bark), *udumbara* (fruit and bark), *karcūra*, *parpaṭa*, white lotus (root and leave), *paṭola* leaves), *kancanāra* (bark or flower), *jambū* (bark) and *mocarasa*, *kalka* of raisin, powder of *dhātakī* flowers, raw sugar and honey.

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Process of Drug-Making: Obtain the following ingredients in measurement of 50 gm. each: *uśīra*, *netrabālā*, *netrabālā* (root), *gambhārī* (bark), *nīlakamala*, *priyangu*, *padmaka*, *lodhra*, *manjiṣṭhā*, *dhanvayāsaka*, *pāthā*, *kirātatikta*, *vāta* (its shoots and bark), *udumbara* (fruit and bark), *karcūra*, *parpaṭa*, white lotus (root and leave), *paṭola* leaves), *kancanāra* (bark or flower), *jambū* (bark) and *mocarasa*. Take *kalka* of raisin (1 kg.) and powder of *dhātakī* flowers (800 gm.) and mix all these ingredients in water (25 litres) in a strong pitcher. The pitcher should have been coated with *ghṛitam* from inside and also have been treated with smoke therapy by burning *jaṭāmānsī* and black pepper. After filling the ingredients in the purified pitcher, mix into them raw sugar (5 kg.) and honey (250 gm.). The pitcher should be tightly tied and sealed with a *śarāva*. For one month, it should be kept in a lonely and warm place. After one month, this recipe should be filtered with clean cloth and stored properly.

Method of use/Administration: This medicine is called *Uśīrāsava*. This medicine should be consumed in doses of 12 ml. to 25 ml. daily with equal amount of water.

Therapeutic benefits: This medicine cures indispositions like *rakta pitta*, *pāṇḍu*, *kuṣṭha* (skin diseases including leprosy), *prameha* (uinary disoders including diabetes), *arśa*, worm diseases and *śotha*.

(*Śārangdhar Samhitā*)

रक्तपित्ते पथ्यानि–

अधोगतेच्छर्दनमूर्ध्वनिर्गमे विरेचनं स्यादुभयत्र लङ्घनम् ।
पुरातनाः षष्टिकशालिकोद्रवप्रियङ्गुनीवारयवप्रशातिकाः ।।१६७।।
मुद्गा मसूराश्चणकास्तुवर्यो मुकुष्ठकाश्चिङ्गटबर्मिमत्स्याः ।
शशः कपोतो हरिणैणलावशरारिपारावतवर्त्तकाश्च ।।१६८।।
बका उरभ्राश्च सकालपुच्छाः कपिञ्जलाश्चापि कषायवर्गः ।
गवामजायाश्च पयो घृतं च घृतं महिष्याः पन सं पियालम् ।।१६९।।
रम्भाफलं कञ्चटतण्डुलीयपटोलवेत्राग्रमहार्द्रकाणि ।
पुराणकूष्माण्डफलं च पक्वतालानि तद्बीजजलानि वासा ।।१७०।।
स्वादूनि बिम्बानि च दाडिमानि खर्जूरधात्रीमिशिनारिकेल ।
कशेरुशृङ्गाटमरुष्कराणि कपित्थशालूकपरूषकाणि ।।१७१।।
भूनिम्बशाकं पिचुमर्द पत्रं तुम्बी कलिङ्गानि च लाजशक्तुः ।
द्राक्षासिता माक्षिकमैक्षवञ्च शीतोदकं चौद्भिदवारि चापि ।।१७२।।

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सेकोऽवगाहः शतधौतसर्पिरभ्यङ्गयोगः शिशिरः प्रदेहः ।
हिमानिलश्चंदनमिन्दुपादाः कथाविचित्राश्च मनोऽनुकूलाः ।।१७३।।
धारागृहं भूमिगृहं सुशीतं वैदूर्यमुक्तामणिधारणं च ।
रक्तोत्पलाम्भोरुहपत्रशय्या क्षौमाम्बरं चोपवनं सुशीतम् ।।१७४।।
प्रियङ्गुयुक्चन्दनरूषितानामालिङ्गनं चापि वराङ्गनानाम् ।
पद्माकराणां सरितां ह्रदानां चन्द्रोदयानां हिमवद्गरीणाम् ।।१७५।।
सुशीतलानां गिरिनिर्झराणां श्रुतिः प्रशस्तानि च कीर्त्तितानि ।
प्रकृष्टनीरं हिमवालुका च मित्रं नृणां शोणितपित्तरोगे ।।१७६।।

167-176. The list of avoidable and useful habits and items of diet for the patients of rakta*pitta* is lengthy indeed. In sum however, one may prescribe the following items of food as useful in cases of *raktapitta*: old rice, barley, *mudga* (phaseolus bean), lentil, gram, pigeon pea and kidney bean, raw sugar, honey, sugarcane, *ghṛitam*, banana, jackfruit, almond, *paṭola*, shoot of willow, *kirātatikta*, stem of *kamala*, leaves of *neem*, pomegranate, coconut, wood, apple and raisin, The patient can take meat of a number of animals and birds including including rabit, deers, pigeon, swans, ducks, partridge, wood-cutter and others. Moreover, *virecana*, massage, plaster of the sandlewood paste on the body and bathing, etc. are good for the patients.

रक्तपित्तेऽपथ्यानि–

व्यायामाध्वनिषेवणंरविकरस्तीक्ष्णानिकर्माणिचक्षो
भोवेगविधारणंचपलताहस्त्यश्वयानानिच।।१७७।।
स्वेदास्त्रस्त्रुतिधूमपानसुरतक्रोधाःकुलत्थोगुडोवार्त्ताकु
स्तिलमाषसर्षपदधिक्षीराणिकौपंपयः ।।१७८।।
ताम्बूलंनलदाम्बुमद्यलशुनंशिम्बीविरुद्धाशनंकट्वम्लंल
वणंविदाहिचगणस्त्याज्योऽस्त्रपित्तेनृणाम्।।१७९।।

177-179. Following is the list which should be avoided by a person suffering from *rakta pitta* disorders: wrestling (or similar physical exercises), walking, roaming under direct sun, doing evil deeds, depression, disturbing the flow of excretions, instablity (getting up frequently), horse and elephant riding, blood letting, *svedana karma*, smoking, sex, anger, *kulattha*, jaggery, brinjal, sesame, *urada*, mustard, yogurt, water from well, betel, water treated with *uśīra*. The prescription of avoidable also includes, *āmla*, salty and bitter juices, seeds of

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kulattha (dolichos bean) and sesame, legumes, leaf of mustard, brinjal and garlic pearls, *sema*, consumption of incomptible *kaṭu*, *āmla* and citrus products, consumption of salty products and products which produces burning sensation.

इति भैषज्यरत्नावल्यां रक्तपित्तचिकित्साप्रकरणम् ।।१३।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां रक्तपित्तचिकित्साप्रकरणम् ।।१३।।

End of the Chapter 13 of Bhaiṣajya Ratnāvalī

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अथ राजयक्ष्मचिकित्साप्रकरणम् १४

Chapter 14
Treatments For Pthysis or Tuberculosis (*Rājyakṣmā*)

Rājyakṣmā is a serious diseases, infectious as well as fatal, if not treated properly. It is characterized by low grade fever, loss of appetite, night sweating and loss of weight. Its other symptoms depend upon the organ of the body involved. Lung is the most commonly involved organ and in that case patient may have *kāsa* (coughs) with bleeding, hoarseness of voice, pain in scapular region and ribs and burning sensation in sole and palm.

The style of narrative in the *Bhaiṣajya Ratnāvalī* for this ailment does not reflect confidence to fully treat and cure tuberculosis. It may be particularly true to the advanced stage of the diseases. However, before the emergence of Refampicin etc, patients in India largely depended on such prescriptions as listed in the *Ratnāvalī* and as they appear below.

तत्रादौ राजयक्ष्मचिकित्साक्रमः–

ज्वराणां शमनीयो यः पूर्वमुक्तः क्रियाविधिः । यक्ष्मिणां ज्वरदाहेषु स सर्वोऽपि प्रशस्यते ।।१।।

1. The medicines which have been prescribed in the chapter related to *jvara* is also useful for the fever and burning tempeature occurring to the patients of tuberculosis.

उपद्रवा ज्वराद्यास्ते साध्याः स्वैः स्वैश्चिकित्सितैः । तेषु शान्तेषु रोगेषु पश्चाच्छोषमुपाचरेत् ।।२।।

2. In cases of tuberculosis, first one should administer those decoctions, powders, pills, *āsavas*, *ariṣṭas* and the like which has been prescribed for the treatment of fever. Once this fever is cured then the treatment for tuberculosis should be conducted separately.

(Cakradatt)

राजयक्ष्मणि पथ्यम्–

शालिषष्टिकगोधूमयवमुद्गादयः शुभाः । मद्यानि जाङ्गलाः पक्षिमृगाः शस्ता विशुष्यताम् ।।३।।
शुष्यतां क्षीणमांसानां कल्पितानि विधानवित् । दद्यात् क्रव्यादमांसानि बृंहणानि विशेषतः ।।४।।

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3-4. For a patient of consumption, the following diet and drinks are wholesome: 1. *śāli* and *ṣaṣṭhi* variety of rice, wheat, barley, *mudga*, etc. 2. Different type of alcoholic drinks: and 3. Meat of animals, birds and different types of deer inhabiting *jāngala* (arid) lands. If the patient if emaciated having diminished muscle tissue, then the nourishing meat of animals belonging to *kravyādi* group (carnivorus animals).

वमनविरेचनव्यवस्था–

दोषाधिकानां वमनं शस्यते सविरेचनम् । स्नेहस्वेदोपपन्नानां सस्नेहं यन्न कर्षणम् ।।५।।

5. It there is excessive aggravation of *doṣas*, then the patient should be administered *vamana* (emetic) and *virecana* (purgation) therapies preceded by *snehana* (oleation) and *svedana* (fomentation) therapies. All these therapies should be administered with drugs which should have oleating and not a depleting effect.

पञ्चकर्मप्रयोगावस्था–

बलिनो बहुदोषस्य पञ्च कर्माणि कारयेत् । यक्ष्मिणः क्षीणदेहस्य तत् कृतं स्याद्विषोपमम् ।।६।।

6. In case of such a tuberculosis patient that has become very lean and thin and who is attacked by several problems should be first treated with the *vamana* (emetic), purgative, *niruhaṇa*, *anuvāsana* and *svedana* therapies. The patient can be treated either with one or all of these therapies. However, it is not advised to treat a patient with *pañcakarma* who has badly lost weight and strength. This might prove fatal to the patient.

यक्ष्मिणो मलरेतसोः संरक्षणोपदेशः–

शुक्रायत्तं बलं पुंसां मलायत्तं हि जीवनम् । तस्माद्यत्नेन संरक्षेद्यक्ष्मिणो मलरेतसी ।।७।।

7. In human beings, strength is dependant upon the semen and the life is dependant upon the stool. Therefore, in a case of tuberculosis, care should be taken to preserve both the semen and the stool.

(Cakradatt)

पारावतादिमांसचूर्णं क्षयहरम्–

पारावतकपिच्छागकुरङ्गाणां पृथक् पृथक् । मांसचूर्णमजाक्षीरैः पीतं क्षयहरं परम् ।।८।।

8. The phthisis can be treated by taking the powder of the dried meat of pigeon, monkey, goat and deer (5 gm. each). The meat should be taken with the goat's milk.

(Cakradatt)

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गजबलामूलादिचूर्ण क्षयहरम्–

सघृतकुसुमरसलीढं क्षयं नयति गजबलामूलम् । दुग्धेन केवलेन च वायसजङ्घा निपीतैव ।।९।।

9. Gajabalāmūlādi Cūrṇam

Powder root of *nāgabalā* (5gm. to 10 gm.) and mix into it an equal amount of *ghṛitam* as wll as a small quantity of honey. This medicine should be taken daily. Besides, the powder of the herb *kākajanghā* could be taken with milk (250 ml.).

(Cakradatt)

नवनीतादिप्रयोगः क्षयहरः–

शर्करामधुसंयुक्तं नवनीतं लिहन् क्षयी । क्षीराशी लभते पुष्टिमतुल्ये चाज्यमाक्षिके ।।१०।।

10. Take fresh butter (20 gm.) along with raw sugar (10 gm.), milk and honey (10 gm.) as per the digestive strength of the patient. Intake of butter along with honey and *ghṛitam* or honey withy *ghṛitam* in unequal quantities restores a patient of phthisis.

(Cakradatt)

अलक्तकरसो रक्तवान्तौ–

अलक्तकरसैः क्षौद्रं रक्तवान्तिहरं परम् ।।११।।

11. Taking the liquid of *lākṣā* (purified Lac) (10 ml.) with honey (10 gm.) controls the bleeding with cough.

(Cakradatt)

ककुभादिक्षीरम् (च. द.)–

ककुभत्वङ्नागबलांवानरिबीजानिचूर्णितंपयसि । पक्वंघृतमधुयुक्तंससितंयक्ष्मादिकासहरम्।।१२।।

12. Kakubhādi Kṣīra:

Ingredients: Powder of the bark of *kakubha* (*arjuna*), *nāgabalā*, seeds of *vānarī* and milk.

Process of Drug-Making: The powder of the bark of *kakubha* (*arjuna*) (10 gm.), *nāgabalā* (10 gm.) and seeds of *vānarī* (10 gm.) should be boiled with milk (250 ml.).

Method of use/ Administration and Therapeutic benefits: Take this medicated milk along with honey (10 gm.), *ghṛitam* (20 gm.) and sugar (30 gm.). It cures tuberculosis, coughs, etc.

(Cakradatt)

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कृष्णादिलेहः (च. द.)–

कृष्णाद्राक्षासितालेहः क्षयहा क्षौद्रतैलवान् । मधुसर्पिर्युतो वाऽश्वगन्धाकृष्णासितोद्भवः ।।१३।।

Kṛiṣṇādi Leha:

13. To cure tuberculosis, powder of black pepper (2 gm.), raisin (2 gm.) and raw sugar (2 gm.) should be licked with oil of sesame (5 ml.) and honey (2 ml.). One can also take the powder of pepper (2 gm.), *aśvagandhā* (winter cherry) (2 gm.) and raw sugar (2 gm.) with *ghṛita* (5 gm.) and honey (2 ml.).

(Cakradatt)

यष्ट्याह्वादिप्रयोगो रक्तवान्तौ–

यष्ट्याह्वं चन्दनोपेतं सम्यक् क्षीरप्रपेषितम् । क्षीरेणालोड्य पातव्यं रुधिरच्छर्दिनाशनम् ।।१४।।

14. Take 10 gm. of powder of roots of *yaṣṭimadhu* and heartwood of red sandal (10 gm.) and prepare a *kalka* out of them along with milk measuring about 250 ml. The *kalka* should be taken with milk and sugar.

छागमांसादिसेवनं यक्ष्महरम्–

छागमांसं पयश्छागं छागं सर्पिः सशर्करम् । छागोपसेवा शयनं छागमध्ये तु यक्ष्मनुत् ।।१५।।

15. The meet, milk and *ghṛitam* (prepared from milk of goat) is very useful in tuberculosis, one should also sleep by the side of the herds of goat and spend time with them. This helps cure of consumption.

आजमांसरसप्रयोगः (च. द.)–

सपिप्पलीकं सयवं सकुलत्थं सनागरम् । दाडिमामलकोपेतं स्निग्धमाजरसं पिबेत् ।।१६।।
तेन षड् विनिवर्त्तन्ते विकाराः पीनसादयः । रसे द्रव्याम्बु पेयावत् सूदशास्त्रवशादिह ।।१७।।

16-17. Cook goat's meat along with *pippalī*, barley, *kulattha*, dried ginger, *dāḍima* and *āmalakī* and *ghṛita*. This cures six ailments, viz. *pīnasa* and *svarabheda*, etc. The water involved in the formula should follow the ratio of 12 ml.: 750 ml. (The water should be in a greater measurement.)

Note: Get the *āmalakī* and *dāḍima* in a measure that could turn the preparation into a sour taste. The powders of dried ginger and pepper should be taken in measure that could make the taste of the preparation a bit bitter. The grains of barley and *kulattha* should be taken in greater quantity.

मांसस्य साधनविधिः–

पलानि द्वादश प्रस्थे घनेऽथ तनुके तु षट् । मांसस्य वटकं कुर्यात् पलमच्छतरे रसे ।।१८।।

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18. If a thick soup is to be prepared then 558 gm. of meat should be boiled in 750 ml. of water while for the preparation of a thin soup 50 gm. of meat should be boiled in 750 ml. of water. The preparation of *vaṭaka's* soup should be still thinner. For this, only 48 gm. of meat should be boiled in 750 ml. of water.

दशमूलक्वाथः (च. द.)–

दशमूलबलारास्नापुष्करसुरदारुनागरैः क्वथितम् ।
पेयं पार्श्वांसशिरोरुक्क्षयकासादिशान्तये सलिलम् ।।१९।।

19. Daśamūla Kvātha:

Ingredients: *Daśamūla* herbs, *balā*, *rāsnā*, *puṣkaramūla*, *devadāru* and dried ginger.

Process of Drug-Making: This is a decoction-based formula. Take equal parts of the above ingredients and coarsely powder them. Thus raise their compound measuring 25 gm. and decoct the mix in water measuring 200 ml. The decoction should continue till the original amount is reduced to one eight.

Therapeutic benefits: It provides relief from *pārśavaśūla*, *skandaśūla* (pain in the shoulders), headache and other disorders like *kāsa* (coughs) etc. caused from tuberculosis.

(Cakradatt)

अश्वगन्धादिक्वाथः (च. द.)–

अश्वगन्धाऽमृताभीरुदशमूलीबलावृषाः । पुष्करातिविषे हन्ति क्षयं क्षीररसाशिनः ।।२०।।

Aśvagandhādi Kvātha:

20. This is a decoction-based formula. Take equal parts roots *aśvagandhā*, *śatāvarī*, *guḍūcī*, *daśamūla* herbs, *atibalā* (country mallow), *aḍuṣā*, *puṣkara* and *ativiṣā* and coarsely powder them. Thus raise their compound measuring 25 gm. and decoct the mix in water measuring 200 ml. The decoction should continue till the original amount is reduced to one eight.

The patient should be given milk and meat soup, among other items, to eat.

It is very effective in checking tuberculosis.

(Cakradatt)

त्रयोदशाङ्गक्वाथः (च. द.)–

धन्याकपिप्पलीविश्वदशमूलीजलं पिबेत् । पार्श्वशूलज्वरश्वास-पीनसादिनिवृत्तये ।।२१।।

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21. Trayodaśānga Kvātha:

Ingredients: Coriander seeds, pepper, dried ginger and *daśamūla*.

Process of Drug-Making: This is a decoction-based formula. Take equal parts of the above ingredients and coarsely powder them. Thus raise their compound measuring 25 gm. and decoct the mix in water measuring 200 ml. The decoction should continue till the original amount is reduced to one eight.

Therapeutic benefits: It is effective in phthisis and other diseases. This decoction cures pain in cases of pleurisy (*pārśavaśūla*), fever, asthma, *pīnasa*, etc.

(Cakradatt)

बलादिचूर्णम् (भा. प्र.)–

बलाऽश्वगन्धा श्रीपर्णी बहुपुत्री पुनर्नवा । पयसा नित्यमभ्यस्ताः शमयन्ति क्षतक्षयम् ।।२२।।

22. Balādi Cūrṇam:

Ingredients: Roots of *balā*, *aśvagandhā*, fruits of *śrīparṇī*, *śatāvarī* and *punarnavā*.

Process of Drug-Making: Take roots of *balā*, *aśvagandhā*, fruits of *śrīparṇī*, *śatāvarī* and *punarnavā*. Churn them into fine powder.

Method of use/Administration: Raise 10-15 gm. of their mix along with milk measuring 250 ml.

Therapeutic benefits: This medicine provides relief from tuberculosis.

(*Bhāvaprakāśa*)

लवङ्गादिचूर्णम्–

लवङ्गकक्कोलमुशीरचन्दनंनतं सनीलोत्पलजीरकं समम् ।
त्रुटिः सकृष्णागुरुभृङ्गकेशरंकणा सविश्वा नलदं सहाम्बुदम् ।।२३।।
अहीन्द्रजातीफलवंशलोचनासिताऽष्ट भागं समसूक्ष्मचूर्णितम् ।
सुरोचनं तर्पणमग्निदीपनंबलप्रदं वृष्यतमं त्रिदोषनुत् ।।२४।।
उरोविबन्धं तमकं गलग्रहंसकासहिक्काऽरुचियक्ष्मपीनसम् ।
ग्रहण्यतीसारभगन्दरार्बुदंप्रमेहगुल्मांश्च निहन्ति संत्वरम् ।।२५।।

23-25. Lavangādi Cūrṇam:

Ingredients: Powder of clove (*lavanga*), *kakkola*, *uśīra*, sandalwood, *nata*, *nilotapala* (blue lotus), *jīraka* (cumin seeds), smaller cardamom, black *aguru*,

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bhṛingarāja, *nāgakeśara*, pepper, dried ginger, *nalada*, *netrabālā*, *anantamūla*, nutmeg, *vamśalocana* and raw sugar.

Process of Drug-Making: Take powder in equal parts (i.e. 20 gm. each) of clove, *kakkola*, *uśīra*, sandalwood, *nata*, *nilotapala* (blue lotus), *jīraka* (cumin seeds), smaller cardamom, black *aguru*, *bhṛingarāja*, *nāgakeśara*, pepper, dried ginger, *nalada*, *netrabālā*, *anantamūla*, nutmeg and *vamśalocana*. Mix them thoroughly with raw sugar (160 gm.).

Method of Use/Administration: Dosage: 5gm. to 10 gm. along with water.

Therapeutic benefits: This *Lavangādi* powder should be taken in cases of *rājyayakṣma*. This medicine promotes appetite, nourishment, powder of digestion, strength and virility. This alleviates all the three aggravated *doṣas*. It cures obstinate diseases like stiffness of the chest, *tamaka* type of asthma, obstruction in the throat, *kāsa* (coughs), hiccup, anorexia, tuberculosis, *pīnasa* (chronic rhinitis), sprue syndrome, diarrhoea, fistula-in-ano, tumour, *prameha* (urinary disorders including diabetes) and *gulma* (phantom tumour).

(Cakradatt)

शृङ्ग्यर्जुनाद्यचूर्णम्–

शृङ्ग्यर्जुनाश्वगन्धानागबलापुष्कराभयाच्छिन्नरुहाः। तालीसादिसमेतामधुसर्पिर्भ्यांयक्ष्महराः ।।२६।।

26. Śṛingyarjunādya Cūrṇam:

Ingredients: *Śṛingī*, *arjuna*, *aśvagandhā*, *nāgabalā*, *puṣkara*, *abhayā*, *guḍūcī* (its abstracts), powders of *tālīśa*, black pepper, dried ginger, *pippalī*, *vanśalocana*, cinnamon bark, smaller cardamom and raw sugar (*miśṛi*).

Process of Drug-Making: Mix 100 gm. each of *śṛīngī*, *arjuna*, *aśvagandhā*, *nāgabalā*, *puṣkara*, *abhayā* and *guḍūcī* (its abstracts) with 100 gm. each powders of *tālīśa*, black pepper, dried ginger, *pippalī*, *vanśalocana*, cinnamon bark and smaller cardamom along with raw sugar (*miśṛi*).

Method of Use/Administration: Dosage: 5gm. to 10 gm. along with honey and *ghṛitam*.

Therapeutic benefits: Consuming this mix in doses of 1-2 gm. along with honey (12 gm.) and *ghṛitam* (6 gm.) is helpful in curing tuberculosis.

(Cakradatt)

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सितोपलादिलेहः–

सितोपला तुगाक्षीरी पिप्पलीबहुलात्वचः । अन्त्यादूर्ध्वं द्विगुणितं लेहयेत् क्षौद्रसर्पिषा ।।२७।।
चूर्णं वा प्राशयेदेतच्छ्वासकासक्षयापहम् । सुप्तजिह्वारोचकिनं मन्दाग्निं पार्श्वशूलिनम् ।।
हस्तपादांसदाहेषु ज्वरे रक्ते तथोर्ध्वगे ।।२८।।

27-28. Sitopalādi Leha:

Ingredients: *Sitopala*, *tuga kṣīrī*, *pippalī*, *bahulā*, *tvak*, honey and *ghṛitam*.

Process of Drug-Making: Take the ingredients in the following measures: powder of *sitopala* (sixteen parts), *tuga kṣīrī* (eight parts), *pippalī* (four parts), *bahulā* (two parts) and *tvak* (one parts). All of them should be mixed together with honey and *ghṛitam*.

Method of use/Administration: Consume this confection in doses of 500 mg. to 2 gm. along with honey (6 gm.) and *ghṛitam* (12 gm.).

Therapeutic benefits: This medicine cures asthma, *kāsa* (coughs), phthisis, numbness in tongue, anorexia, suppression of the powder of digestion, pain in cases of pleurisy, burning tempratue in hands, legs and scapular region, fever and bleeding through the upward-tracts.

(Caraka)

तालीशाद्यं चूर्णं मोदकश्च (च. द.)–

तालीशपत्रं मरिचं नागरं पिप्पली शुभा । यथोत्तरं भागवृद्ध्या त्वगेले चार्द्धभागिके ।।२९।।
पिप्पल्यष्टगुणा चात्र प्रदेया सितशर्करा । श्वासकासारुचिहरं तच्चूर्णं दीपनं परम् ।।३०।।
हृत्पाण्डुग्रहणीरोगप्लीहशोषज्वरापहम् । छर्द्यतीसारशूलघ्नं मूढवातानुलोमनम् ।।३१।।
कल्पयेद्गुडिकाश्चैतच्चूर्णपक्त्वासितोपलाम् । गुडिका ह्यग्निसंयोगाच्चूर्णाल्लघुतरा स्मृता ।।३२।।
पैत्तिके ग्राहयन्त्येके शुभया वंशलोचनम् ।।३३।।

29-33. Tālīśādya Cūrṇa and Modaka:

Ingredients: *Tāliśa*, *marica*, *nāgara*, *pippalī*, *śubhā*, *tvak*, *elā* and raw sugar.

Process of Drug-Making: Take the ingredients in the following measures: leaves of *tāliśa* (10 gm.), *marica* (20 gm.), *nāgara* (30 gm.), *pippalī* (40 gm.), *śubhā* (50 gm.), *tvak* (5 gm.), *elā* (5 gm.) and raw sugar (320 gm.). Pulverize them together into a powder. If one wish to prepare *Tālīśādi Modaka* the above powder should be mixed with syrup of sugar and pills measuring 2gm. to 4 gm. should be prepared out of it.

For the term *śubhā* physicians should use *vanśalocana* as mentioned in oher texts referring to this recipe.

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Therapeutic benefits: It is an excellent recipe for the stimulation of the power of digestion. It also cures heart diseases, anemia, sprue syndrome, spleen related disorders, edema, fever, vomiting, diarrhoea and colic pain. It helps in the downward movement of immobile *vāyu* (*mūḍha vāta*). These *Modakas* are lighter for digestion than the powder as the application of heat (used in preparing the syup) is involved in making them.

(Caraka)

एलादिचूर्णम् (यो. र.)–

एला पत्रं नागपुष्पं लवङ्गंभागस्त्वेषां द्वौ च खर्जूरकस्य ।
द्राक्षायष्टीशर्करापिप्पलीनां–चत्वारस्तत् क्षौद्रयुक्तं क्षये स्यात् ।।३४।।

34. Elādi Cūrṇam:

Ingredients: Cardamom, cassia, *nāgakeśara*, clove, fruits of date, *kalka* of raisin, powder of *yaṣṭi*, raw sugar and pepper.

Process of Drug-Making: Take 10 gm. measure powder of the each of cardamom, cassia, *nāgakeśara*, clove, 20 gm. of fruits of date, and 40 gm. each of the *kalka* of raisin, powder of *yaṣṭi*, raw sugar and pepper. Grind all them together in a stone-mortar into a fine powder.

Method of use/Administration: Take 2 gm. to 5 gm. doses of this preparation with honey.

(*Yoga Ratnākar*)

कर्पूराद्यं चूर्णम् (यो. र.)–

कर्पूरचोचकक्कोलजातीफलदलाः समाः लवङ्गमांसीमरिचकृष्णाशुण्ठ्यो विवर्धिताः ।।३५।।
चूर्णं सितासमं हृद्यं सदाहत्रयकासजित् । वैस्वर्यपीनसश्वासच्छर्दिकण्ठामयापहम् ।।
प्रयुक्तं चान्नपानैर्वा भेषजद्वेषिणां हितम् ।।३६।।

35-36. Karpūrādya Cūrṇam:

Ingredients: Powders of camphor, cinnamon, nutmeg, mace, *kakkola*, powder of clove, powder of *jaṭāmānsī*, powder of black pepper, powder of pepper, powder of ginger and raw sugar.

Process of Drug-Making: Take 10 gm. each of the powders of camphor, cinnamon, nutmeg, mace and *kakkola*, 20 gm. of the powder of clove, 30 gm. of the powder of *jaṭāmānsī*, powder of black pepper in 40 gm., powder of pepper in

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50 gm., powder of ginger in 60 gm and 250 gm. of raw sugar. Grind and powder all these herbs thoroughly.

Method of use/Administration: This prescription should be taken along with foods and drinks, and it can be given even to patients who do not like to take drugs.

Therapeutic benefits: Taking this preparation helps in checking tuberculosis as well as many other diseases. This is a cardiac *rasāyaṇa* and an appetizer. It cures phthisis, *kāsa* (coughs), hoarseness of voice, asthma, *gulma* (phantom tumour), piles, vomitting and diseases of the throat.

(*Yoga Ratnākar*)

वासाऽवलेहः (भा. प्र.)–

वासकस्य रसप्रस्थं माणिका सितशर्करा । पिप्पल्या द्विपलं तावत्सर्पिषश्च शनैः पचेत् ।।३७।।
तस्मिंल्लेहत्वमायाते शीते क्षौद्रपलाष्टकम् । दत्त्वाऽवतारयेद्वैद्यो लीढो लेहोऽयमुत्तमः ।।३८।।
हन्त्येव राजयक्ष्माणं कासं श्वासं च दारुणम् । पार्श्वशूलं च हृच्छूलं रक्तपित्तं ज्वरं तथा ।।३९।।

37-39. Vāsavāleha:

Ingredients: Juice of *vāsa* (*aḍuṣā*), *tālmiśrī* (sugar prepared from date fruits) or sugar, cow's *ghṛitam*, *pippalī* and honey.

Process of Drug-Making: Obtain juice of *vāsa* (*aḍuṣā*) (750 ml.), *tālmiśrī* (sugar prepared from date fruits) or sugar (375 gm.). Cook all these ingredients. Add 25 gm. of cow's *ghṛitam* and *pippalī* (25 gm.) to the recipe and churn it properly. Remove the metallic pan and let it cool down. After the same gets cool down add to it honey (372 gm.).

Method of use/Administration: Consume this medicine daily in doses of 5 gm. to 10 gm. along with warm milk.

Therapeutic benefits: This medicine is called *Vāsāleha* and it cures indispositions like tuberculosis (*rājayakṣmā*), *kāsa* (coughs), severe asthma, *pārśavaśūla*, *hṛidyaśūl*, *rakta pitta* and fever.

(*Bhāvaprakāśa*)

वासावलेहः (बृहत् १)–

शतंसंगृह्य वासायास्तोयद्रोणे विपाचयेत् । चतुर्भागावशेषेऽस्मिन् शर्करायाः पलं शतम् ।।४०।।
त्रिकटु त्रिसुगन्धिश्च कट्फलं मुस्तकं गदम् । जीरकं पिप्पलीमूलं रोचनी चविका शुभा ।।४१।।
कटुका श्रेयसी चैव तालीशं सधनीयकम । कार्षिकं पृथगेतेषां क्षिपेन्मधुपलाष्टकम् ।।४२।।

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तद्यथाग्निबलं लिह्याच्छृतशीताम्बुपानतः । निहन्ति राजयक्ष्माणं रक्तपित्तं क्षतक्षयम् ।।४३।।
वातिकं पैत्तिकं कासं श्वासञ्चैव सुदारुणम् । हृच्छूलं पार्श्वशूलञ्च वमिञ्चैवारुचिं ज्वरम् ।।४४।।
अश्विभ्यां निर्मितो ह्येष बृहद्वासावलेहकः ।।४५।।

40-45. Vāsāvaleha (Major Recipe 1):

Ingredients: *Pancāñg* of *aḍuṣā*, raw sugar, dried ginger, black pepper, *pippalī*, bark of cinnamon, smaller cardamom, cassia leaves, *kaṭphala*, *mustaka*, *gada*, white cumin seeds, *pippalīmūla*, *rocanī*, *cavya*, *vamśalocana*, *kaṭukī*, *gajapippalī*, leaves of *tāliśa*, coriander and honey.

Process of Drug-Making: Obtain *pancāñg* of *aḍuṣā* (5 kg.) and water (13 litres). Decoct them together till one fourth of the total quantity is left. Add raw sugar (5 kg.) to this decoction and prepare a thick syrup out of it. Obtain powder of the following ingredients in measurement of 12 gm. each: dried ginger, black pepper, *pippalī*, bark of cinnamon, smaller cardamom, cassia leaves, *kaṭphala*, *mustaka*, *gada*, white cumin seeds, *pippalīmūla*, *rocanī*, *cavya*, *vamśalocana*, *kaṭukī*, *gajapippalī*, leaves of *tāliśa* and coriander. Add all these ingredients to the syrup and churn them properly. Once this recipe is cooled, add honey (400 gm.) to it and fill it in glassware.

Method of use/Administration: Depending on the digestive power of the user, the patient should consume this medicine daily in doses of 5 gm. to 10 gm. along with cold water.

Therapeutic benefits: This medicine is known as *Bṛihadvāsāvaleha* and it is very beneficial in curing tuberculosis (*rājayakṣmā*), *rakta pitta*, *urūkṣata*, *kṣaya*, *kāsa* (coughs) due to *vāta* and *pitta*, severe cases of asthma, *śūla* related to heart, *pārśavaśūla*, vomiting, anorexia and fever. This medicine has been prepared by Aśvinīkumārs.

वासावलेहः (बृहत् २)–
पञ्चविंशत्पलं ग्राह्यं बृहत्योर्वासकस्य च । भार्ग्याश्च पञ्चविंशच्च जलद्रोणे विपाचयेत् ।।४६।।
पादशेषे रसे तस्मिन् खण्डप्रस्थं समावपेत् । कुडवार्द्धञ्च हविषो मधुनः कुडवं तथा ।।४७।।
मृताभ्रकं पलञ्चैकं कणाचूर्णं चतुष्पलम् । कुष्ठं तालीशपत्रञ्च मरिच तेजपत्रकम् ।।४८।।
मुरामांसीमुशीरञ्च लवङ्गं नागकेशरम् । त्वग्भार्गी बालकं मुस्तं प्रत्येकं कर्षसम्मितम् ।।४९।।
श्लक्ष्णचूर्णीकृतं सर्वं लेहीभूते विनिक्षिपेत् । हन्ति यक्ष्माणमत्युग्रं कासं पञ्चविधं तथा ।।५०।।
रक्तपित्तं क्षयं श्वासं ज्वरं प्लीहानमेव च । बालानामपि वृद्धानां तरुणानां विशेषतः ।।५१।।
पार्श्वशूलञ्च हृच्छूलमम्लपित्तं वमिं तथा । बृहद्वासावलेहोऽयं महादेवेन निर्मितः ।।५२।।

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46-52. Vāsavāvaleha (Major Recipe 2):

Ingredients: *Pancāñg* of smaller *kañṭakārī*, larger *kañṭakārī*, *aḍuṣā*, *bhārgī*, water, sugar, *abhraka bhasma*, powders of *pippalī*, *kuṣṭha*, leaves of *tāliśa*, black pepper, cassia leaves, *murāmānsī*, *uśīra*, clove, *nāgakeśara*, bark of cinnamon, *bhārgī*, *netrabālā*, *mustaka*, *ghṛitam* and honey.

Process of Drug-Making: Take *pancāñg* measuring 1250 mg. each of smaller *kañṭakārī*, larger *kañṭakārī* and *aḍuṣā*. Decoct them along with *bhārgī* (1250 mg.) in water measuring 13 litre. Make thick syrup out of it by mixing sugar (750 gm.). Take *abhraka bhasma* (50 gm.) as well as powders of the following: *pippalī* (200 gm.), *kuṣṭha* (10 gm.), leaves of *tāliśa* (10 gm.), black pepper (10 gm.), cassia leaves (10 gm.), *murāmānsī* (10 gm.), *uśīra* (10 gm.), clove (10 gm.), *nāgakeśara* (10 gm.), bark of cinnamon (10 gm.), *bhārgī* (10 gm.), *netrabālā* (10 gm.) and *mustaka* (10 gm.) and sprinkle these ingredients over the syrup. Churn the preparation properly. Following it, mix *ghṛitam* (95 gm.) and remove the metallic pan from stove after properly churning the recipe. Let the recipe cool down. Once the recipe is cooled, add honey measuring 190 gm. to it and fill the recipe in glassware.

Method of use/Administration: This medicine is called *Bṛihadvāsāvaleha* and it should be consumed daily in doses of 5 gm. to 10 gm. along with cold water or milk.

Therapeutic benefits: This medicine cures diseases like *rājayakṣmā*, five types of *kāsa* (coughs), *raktapitta*, *kṣaya*, fever, enlargement of spleen, all diseases related to children, old and young men, *pārśavśūla*, *hṛidayaśūla*, *amalpitta* and vomiting. This *Bṛihadvāsāvaleha* has been prepared by Śrī Mahādevajī.

वासावलेहः (बृहत् ३)–

तुलामादाय वासाया जलद्रोणे विपाचयेत् । पादशेषे रसे तस्मिन् खण्डं पलशतं न्यसेत् ।।५३।।
शनैर्मृद्वनिना सम्यक् सिद्धे तत्र प्रदापयेत् । त्रिकटु त्रिसुगन्धञ्च कट्फलं मुस्तमेव च ।।५४।।
कुष्ठं कम्पिल्लकं श्वेतजीरञ्च कृष्णाजीरकम् । त्रिवृता पिप्पलीमूलं चव्यं कटुकरोहिणी ।।५५।।
शिवा तालीशधन्याकं प्रत्येकञ्च द्विकार्षिकम् । चूर्णयित्वा क्षिपेत्तत्र शीते मधु पलाष्टकम् ।।५६।।
अस्य मात्रां ततो लीढ्वा तोयमुष्णं पिबेदनु । सर्वकासविकारेषु स्वरभङ्गे विशेषतः ।।५७।।
राजयक्ष्मणि दुःसाध्ये वातश्लेष्मामये तथा । आनाहे वह्निमान्द्ये च हृद्रोगे च क्षतक्षये ।।
मूत्रकृच्छ्रे च कृच्छ्रे च शस्तोऽयं लेह उत्तमः ।।५८।।

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53-58. Vāsāvaleha (Major Recipe 3):

Ingredients: *Pancāñg* of *aḍuṣā*, sugar, dried ginger, *marica*, *pippalī*, bark of cinnamon, smaller cardamom, *nāgakeśara*, *kaṭphala*, *mustaka*, *kuṣṭha*, *kampilla*, white cumin seeds, black cumin seeds, root of *tṛivat*, *pippalīmūla*, *cavya*, *kaṭukī*, *haraḍa*, leaves of *tāliśa* and coriander.

Process of Drug-Making: Collect *pancāñg* of *aḍuṣā* (5 kg.) in an earthen pitcher. Decoct it along with water (13 litres) till one fourth of the quantity is left. Filter the same and store it in a copper or brass or iron pan. Add sugar (5 kg.) to it and cook the preparation on a slow heat. Cook it till the same turns into a thick syrup. Subsequently, add to the recipe powders of the following ingredients in measurement of 25 gm. each: dried ginger, *marica*, *pippalī*, bark of cinnamon, smaller cardamom, *nāgakeśara*, *kaṭphala*, *mustaka*, *kuṣṭha*, *kampilla*, white cumin seeds, black cumin seeds, root of *tṛivat*, *pippalīmūla*, *cavya*, *kaṭukī*, *haraḍa*, leaves of *tāliśa* and coriander. Churn the preparation properly and remove it from stove. Once the recipe cools down, mix to it honey measuring 400 gm. and fill the recipe in an earthenware.

Method of use/Administration: Consume this medicine in doses of 5 gm. to 10 gm. and subsequently drink lukewarm water.

Therapeutic benefits: This is third recipe of *Bṛihadvāsāvaleha* and is very effective in curing diseases like *svarabhanga*, seemingly incurable *rājayakṣmā*, disorders of *vāta* and *kapha*, *ānāha*, *agnimāndya*, heart diseases, *urahkṣata*, *kṣaya*, retention of urine, piles and all types of *kāsa* (coughs).

च्यवनप्राशः–

बिल्वाग्निमन्थश्योनाककाश्मर्यःपाटलाबला । पर्ण्यश्चतस्रः पिप्पल्यः श्वदंष्ट्रा बृहतीद्वयम् ।।५९।।
शृङ्गी त्वामलकी द्राक्ष जीवन्ती पुष्करागुरु । अभया चामृता ऋद्धिर्जीवकर्षभकौ शटी ।।६०।।
मुस्तं पुनर्नवा मेदा सूक्ष्मैलोत्पलचन्दने । विदारी वृषमूलानि काकोली काकनासिका ।।६१।।
एषां पलोन्मितान् भागाञ् शतान्यामलकस्य च । पञ्च दद्यात्तदैकध्यं जलद्रोणे विपाचयेत् ।।६२।।
ज्ञात्वा गतरसान्येतान्यौषधान्यथ तं रसम् । तच्चामलकमुद्धृत्य निष्कुलं तैलसर्पिषोः ।।६३।।
पलद्वादशकेभृष्ट्वादत्त्वाचार्द्धतुलां भिषक् । मत्स्यण्डिकायाः पूताया लेहवत्साधु साधयेत् ।।६४।।
षट्पलं मधुनश्चात्र सिद्धशीते प्रदापयेत् । चतुष्पलं तुगाक्षीर्याः पिप्पल्या द्विपलं तथा ।।६५।।
पलमेकं विदध्याच्च त्वगेलापत्रकेशरात् । इत्ययं च्यवनप्राशः परमुक्तो रसायने ।।६६।।
कासश्वासहरश्चैव विशेषेणोपदिश्यते । क्षीणक्षतानां वृद्धानां बालानाञ्चाङ्गवर्द्धनः ।।६७।।
स्वरक्षयमुरोरोगं हृद्रोगं वातशोणितम् । पिपासां मूत्रशुक्रस्थान् दोषांश्चैवापकर्षति ।।६८।।
अस्य मात्रां प्रयुञ्जीत योपरुन्ध्यान्न भोजनम् । अस्य प्रयोगाच्च्यवनः सवृद्धोऽभूत्पुनर्युवा ।।६९।।

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मेधां स्मृति कान्तिमनामयत्वमायुःप्रकर्षं बलमिन्द्रियाणाम् ।
स्त्रीषु प्रहर्षं परमग्निवृद्धिबलप्रसादं पवनानुलोम्यम् ।।७०।।
रसायनस्यास्य नरः प्रयोगाल्लभेत जीर्णोऽपि कुटीप्रवेशात् ।
जराकृतं पूर्वमपास्य रूपंबिभर्त्ति रूपं नवयौवनस्य ।।७१।।
सिता मत्स्यण्ड्यलाभे च धात्र्याश्च मृदुभर्जनम् ।
चतुर्भागजले प्रायो द्रव्यं गतरसं भवेत् ।।७२।।

59-72. Cyavana Prāśa:

Ingredients: *Bilva*, *agnimantha*, *śyoṇāka*, *kāśmarya*, *paṭala*, *balā*, *śālaparṇī*, *pṛiśniparṇī*, *māṣaparṇī*, *āmalakī*, *drākṣā*, *jīvantī*, *puṣkara*, *aguru*, *abhayā*, *amṛitā*, *ṛiddhi*, *jīvaka*, *ṛiṣabhaka*, *śaṭī*, *mustā*, *punarnavā*, *medā*, *śukṣmaila*, *utpala*, *candana*, *vidārī*, root of *vṛiṣa*, *kākolī*, *kāka nasika*, 500 pieces of *āmalakī* fruits, sesame oil, *ghṛitam*, jaggery, powder of *vanśalocana*, small pepper powder, cinnamon bark, smaller cardamom, cassia leaves and *nāgakeśara*.

Process of Drug-Making: Take 50 gm. each of *bilva*, *agnimantha*, *śyoṇāka*, *kāśmarya*, *paṭala*, *balā*, *śālaparṇī*, *pṛiśniparṇī*, *māṣaparṇī*, *tāmalakī*, *drākṣā*, *jīvantī*, *puṣkara*, *aguru*, *abhayā*, *amṛitā*, *ṛiddhi*, *jīvaka*, *ṛiṣabhaka*, *śaṭī*, *mustā*, *punarnavā*, *medā*, *śukṣmaila*, *utpala*, *candana*, *vidārī*, root of *vṛiṣa*, *kākolī* and *kāka nasika*. Boil these herbs together in 13 litre of water. Pack 500 pieces of *āmalakī* fruits (i.e. 6 kg.) and hang the pack submerged in the middle of the preparation. After the decoction is reduced to one-fourth of the original quantity, remove the pack and strain the decoction separately. Remove out the stones of *āmalakī* fruits and obtain their pulps. The pulps should be macerated with hand over a piece of cotton cloth tied on the mouth of a large sized metal pot. Continue this process for sufficient times. Thus, the pulps are reduced to a thin *kalka* that is deposited in the metallic pot.

Take 300 gm. each of sesame oil and *ghṛitam* and boil them together in a pan. Add to this, the above thin *kalka* of pulps and fry the preparation until it assumes red colour, becomes free of the water-content and emits a good smell. Add the above decoction to this preparation along with jaggery measuring 2.335 kg. Cook them together and when the cooking is about to complete add to the preparation 200 gm. of fine powder of *vanśalocana*, 100 gm. of small pepper powder and 50 gm. each of cinnamon bark, smaller cardamom, cassia leaves and *nāgakeśara*. Stir the preparation properly and allow it to cool down. Subsequently, add 300 gm. of honey to it. Now the famous recipe *Cyavanaprāśa* is ready to serve.

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For the preparation of this recipe, sugar can be used in the place of *matsyaṇḍikā* and pulp of the fruits of *āmalakī* should be fried slowly. For the proper extraction of the drugs, the decoction should be boiled till one fourth of it remains. By doing so, the preparation is properly equipped with the properties of the *āmalakī* fruits.

Method of use/Administration: It should be taken in doses of 10 gm. along with warm water depending on age, strength and digestive power of the user.

Therapeutic benefits: This is an excellent recipe for rejuvenation. It specially cures *kāsa* (coughs) and asthma. It nourishes the body of patients suffering from phthisis. This is especially useful for the old persons and young children. It cures diminution of voice, diseases of the head, heart diseases, gout, thirst and disordered urine and semen. By the use of this recipe, even the old sage Cyavana recovered his lost youth. The recipe promotes intellect, power of memory, positive health, longevity, strength of sensory and motor organs, virility, power of digestion and complexion of the body. It helps in the downward movement of *vāyu*. By the use of this recipe, even an old person gets the rejuvenating effects and is able to take females with pleasures. He becomes free from senility and bears a complexion of youthfulness.

(Caraka)

द्राक्षारिष्टः–

द्राक्षातुलाऽर्द्धं द्विद्रोणं जलस्य विपचेत् सुधीः ।पादशेषे कषाये च पूते शीते विनिक्षिपेत् ।।७३।।
गुडस्य द्वितुलां तत्र त्वगेलापत्रकेसरम् । प्रियङ्गुमरिचं कृष्णा विडङ्गञ्च विचूर्णयेत् ।।७४।।
पृथक् पलोन्मितैर्भागैर्घृतभाण्डे निधापयेत् । समन्ततो घट्टयित्वा पिबेज्जातरसं ततः ।।७५।।
उरःक्षतं क्षयं हन्ति कासश्वासगलामयान् । द्राक्षारिष्टाह्वयः प्रोक्तो बलकृत्मलशोधनः ।।७६।।

73-76. Drākṣāriṣṭa:

Ingredients: *Drākṣā*, water, raw sugar, bark of cinnamon, smaller cardamom, cassia leaves, *nāga keśara*, *priyangu*, black pepper, *pippalī*, *vāyaviḍanga* and powder of *dhātakī* flowers

Process of Drug-Making: Decoct *drākṣā* (2.50 kg.) in water (26 litres) till one-fourth of the amount is left. Let the decoction to cool down. Subsequently, churn and filter the decoction. Dissolve raw sugar (10 kg.) into the recipe. Also mix into it the powder of following ingredients in measurement of 50 gm. each: bark of cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, *priyangu*, black pepper, *pippalī* and *vāyaviḍanga*. Take an earthen pitcher that has been coated

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inside with *ghṛita* and treated with smoke. Add to it powder of *dhātakī* flowers (50 gm.) and fill this recipe in earthen pitcher. Cover the pitcher with *śarāva* (earthen plates) and tie it tightly with a mud smeared piece of cloth. Keep the pitcher in a secluded, dark and warm place for a period of one month. After one month, filter the recipe and preserve it in glass bottles. This medicine is called *Drākṣāriṣṭa*.

Method of use/Administration: This medicine should be consumed daily after taking meals in doses of 12 gm. to 25 gm. along with equal parts of water.

Therapeutic Benefits: This medicine cures disorders like *urūkṣatah*, *kṣaya*, *kāsa* (coughs), asthma and throat diseases. This medicine increases strength, stamina and digestive power.

(*Śārangdhar Samhitā*)

अस्रहरारिष्टः (अ.)–

मृतसंजीवनी मद्यं विशल्यकरणीरसम् । पृथक् पृथक् पलं चैकं गृहीत्वा भिषजां वरः ।।७७।।
मृत्स्नया पिहितास्ये च भाण्डे सप्तदिनावधि । निधापयेत्तद्द्वयं च ततः स्थूलाम्बरेण हि ।।७८।।
पूतं कृत्वा प्रयत्नेन सेव्योऽयं शीतलाम्बुना । दशबिन्दुप्रमाणेन प्रतियामं रुजायुजा ।।७९।।
तेन तस्य विनश्यन्ति कासयक्ष्मक्षतक्षयाः । अस्रपित्तास्रातिसारौ रक्तप्रदर एव च ।।८०।।

77-80. Asrāhara Ariṣṭa:

Ingredients: Juice of *asraāghnī* (*viśalyakaraṇī*) and *mṛitsanjīvanī surā*.

Process of Drug-Making: Take juice of *asraghnī* (*viśalyakaraṇī*) in measurement of 1 litre and *mṛitsanjīvanī surā* in measurement 1 litre in a glass jar. Close the jar tightly and place the jar in seculded spot for seven days. After seven days, sieve the ingredient through a thick cloth. Fill it in the same bottle and close the jar tightly. This medicine is known as *Asraharāriṣṭa*.

Method of use/Administration: Consume this medicine in doses of 10 drops along with water measuring 12 ml. This should be consumed after every three hours.

Therapeutic benefits: This medicine cures diseases like *kāsa* (coughs), *rājayakṣmā*, *urahakṣata*, *dhātvādi kṣaya* (consumption related to vital parts of the body), *rakta pitta*, *raktātisāra* and *rakta pradara*.

विन्ध्यवासियोगः–

व्योषं शतावरी त्रीणि फलानि द्वेबले तथा । सर्वामयहरो योगः सोऽयं लौहरजोऽन्वितः ।।८१।।
एष वक्षःक्षतं हन्ति कण्ठजांश्च गदांस्तथा । राजयक्ष्माणमत्युग्रं बाहुस्तम्भमथार्दितम् ।।८२।।

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81-82. Vindhyavāsi Yoga:

Ingredients: Powders of dried ginger, black pepper, *pippalī*, *śatāvarī*, *haraḍa*, *āmalakī*, *vibhītakī*, roots of the *balā*, *atibalā* and *lauhabhasma*.

Process of Drug-Making: Obtain equal parts each of the powder of dried ginger, black pepper, *pippalī*, *śatāvarī*, *haraḍa*, *āmalakī*, *vibhītakī*, roots of the *balā* and *atibalā* and mix them with the *lauhabhasma* of their combined weight. Grind this preparation thoroughly in mortar. This

Method of Use/Administration: Dosage: 250 mg. to 500 mg.

Therapeutic benefits: The medicine is useful in tuberculosis and other diseases. This recipe cures pleurisy, diseases of the throat, serious type of tuberculosis, immobility of the arms and facial paralysis.

(Cakradatt)

यक्ष्मारिलौहम्–

मधुताप्यविडङ्गाश्मजतुलौहघृताभयाः । घ्नन्ति यक्ष्माणमत्युग्रं सेव्यमाना हिताशिना ।।८३।।

83. Yakṣamāri Lauham:

Ingredients: Honey, *svarṇamākṣikabhasma* (*tāpya*), *viḍanga* powder, purified *śilājita*, *lauha bhasma*, cow-*ghṛita* and *haraḍa* powder.

Process of Drug-Making: 10 gm. of *svarṇamākṣika bhasma*, 10 gm. of *viḍanga* powder, 10 gm. of purified *śilājita*, 40 gm. of *lauha bhasma* and 10 gm. of *haraḍa* powder. Grind and mix all of them together in a stone-mortar.

Method of use/Administration: This medicine should be taken when feeling hungry. Dosage: 250 mg.

Therapeutic benefits: The drug cures even severe types of tuberculosis.

(Cakradatt)

यक्ष्मान्तकलौहम्–

रास्नातालीशकर्पूरभेकपर्णीशिलाह्वयैः । त्रिकत्रयसमायुक्तैर्लौहो यक्ष्मान्तको मतः ।।८४।।
सर्वोपद्रवसंयुक्तमपि वैद्यविवर्जितम् । हन्ति कासं स्वराघातं क्षयकासं क्षतक्षयम् ।
बलवर्णाग्निपुष्टीनां साधनो दोषनाशनः ।।८५।।

84-85. Yakṣamāntaka Lauham:

Ingredients: *Rāsnā*, *tāliśa* leaves, purified camphor, *maṇḍukparṇī*, purified *śilājita*, *tṛikaṭu*, *tṛiphalā*, *tṛimada* herbs and *lauhabhasma*.

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Process of Drug-Making: Take equal parts each of *rāsnā*, *tāliśa* leaves, purified camphor, *maṇḍukparṇī*, purified *śilājita*, *tṛikaṭu*, *tṛiphalā* and *tṛimada* herbs. Mix all of them with the *lauhabhasma* equal in their combined weight.

Method of use/Administration: This *Yakṣamāntaka Lauha* is to be taken in doses of 250 mg. to 500 mg. along with small amount of honey.

Therapeutic benefits: This medicine is useful in tuberculosis as well as many related indispositions.

शिलाजत्वादिलौहम्–

शिलाजतुमधुव्योषताप्यलौहरजांसि च । क्षीरेण लोहितस्याशु क्षयः क्षयमवाप्नुयात् ।।८६।।

86. Śilājatvādi Lauham:

Ingredients: Purified *śilājatu*, powders of *madhuyaṣṭī*, dried ginger, *marica*, pepper, *svarṇamākṣikabhasma* (copper pyrites) and *lauhabhasma*.

Process of Drug-Making: Take purified *śilājatu*, powders of *madhuyaṣṭī*, dried ginger, *marica*, pepper and *svarṇamākṣikabhasma* in equal parts along with *lauhabhasma* in their combined weight. Mix all of them properly.

Method of use/Administration: Take this preparation in doses of 500 mg. along with honey and/or milk.

Therapeutic Benefits: It checks consumption.

(*Rasendra Sār Sangraha*)

रजतादिलौहम् (र. सा. सं.)–

भस्मीभूतं रजतममलं तत्समं व्योमचूर्णं सर्वैस्तुल्यं त्रिकटु सवरं साय आज्येन युक्तम् ।।८७।।
लीढं प्रातः क्षपयतितरां यक्ष्मपाण्डूदरार्शःश्वासं कासं च नयनरुजः पित्तरोगानशेषान् ।।८८।।

87-88. Rajatādi Lauham:

Ingredients: *Rajata bhasma*, *abhraka bhasma*, *tṛikaṭu*, *tṛiphalā* herbs and *lauha bhasma*.

Process of Drug-Making: Take *rajata bhasma*, *abhraka bhasma* both in one parts each. Add to it two parts each of *tṛikaṭu* and *tṛiphalā* herbs and six parts of *lauha bhasma* and mix all of them together and properly.

Method of use/Administration: This preparation should be taken in doses of 500 mg. along with small quantity in morning everyday.

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Therapeutic benefits: It is helpful in tuberculosis, anemia, piles, *kāsa* (coughs), *pitta* related diseases and some eye diseases as well.

(*Rasendra Sār Sangraha*)

क्षयकेशरी रसः–

त्रिकटुत्रिफलैलाभिर्जातीफललवङ्गकैः । नवभागान्वितं लौहं समं सिन्दूरसन्निभम् ।।८९।।
छागीदुग्धेन सम्पिष्य वल्लभस्य प्रयोजयेत् । मधुना क्षयरोगांश्च हन्त्ययं क्षयकेशरी ।।९०।।

89-90. Kṣayakeśarī Rasa:

Ingredients: Dried ginger, *marica*, pepper, *āmala*, *haraḍa*, *vibhītaka*, smaller cardamom, nutmeg, clove, *lauhabhasma* and goat's milk.

Process of Drug-Making: Take 12 gm. each of dried ginger, *marica*, pepper, *āmala*, *haraḍa*, *vibhītaka*, smaller cardamom, nutmeg and clove and 108 gm. of *lauhabhasma* of fine quantity and grind all of them together in goat's milk in a mortar for three hours. When the preparation gets properly triturated make small pills out of them.

Method of Use/Administration: Dosage: 375 mg.

Therapeutic benefits: This *Kṣayakeśarī* pill is helpful in treating many kinds of tuberculosis.

(*Rasendra Sār Sangraha*)

क्षयकेशरी रसः (बृहत्)–

मृतमभ्रं मृतं सूतं मृतं लौहञ्च ताम्रकम् । मृतं नागञ्च कांस्यञ्च मण्डूरं विमलं तथा ।।९१।।
वङ्गं खर्परकं तालं शङ्खटङ्गणमाक्षिकम् । वैक्रान्तं कान्तलौहञ्च स्वर्णं विद्रुममौक्तिकम् ।।९२।।
वराटं मणिरागञ्च राजपट्टञ्च गन्धकम् । सर्वमेकत्र सञ्चूर्ण्य खल्लमध्ये विनिक्षिपेत् ।।९३।।
मर्दयेत्त्वग्निभानुभ्यां प्रपुटेत्त्रिदिनं लघु । भावयेत्पुटयेदेभिर्वारांस्त्रींश्च पृथक् पृथक् ।।९४।।
मातुलुङ्गवरावह्निस्वम्लवेतसमार्कव–
हयमारार्द्रकरसैः पाचितो लघुवह्निना ।।९५।।
वातपित्तकफोत्क्लेशाञ्ज्वरान् सम्मर्दितानपि । सन्निपातं निहन्त्याशु सर्वाङ्गकाङ्गमारुतान् ।।९६।।
सेवितश्च सितायुक्तो मागधीरजसा युतः । मधुकार्द्रक संयुक्त-स्तद्व्याधि-हरणौषधैः ।।९७।।
सेवितो हन्ति रोगान् हि व्याधिवारणकेशरी । क्षयमेकादशविधं शोषं पाण्डुं कृमिं जयेत् ।।९८।।
कासं पञ्चविधं श्वासं मेहमेदोमहोदरम् । अश्मरीं शर्करां शूलं प्लीहगुल्मं हलीमकम् ।।९९।।
सर्वव्याधिहरो बल्यो वृष्यो मेध्यो रसायनः ।।१००।।

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91-100. Kṣayakeśarī Rasa (Major Recipe):

Ingredients: *Abhraka bhasma*, *pārada bhasma* or *rasasindūra*, *lauha bhasma*, *tāmra bhasma*, *nāga bhasma*, *bhasma* of bronze, *maṇḍūra bhasma*, *vimala* (*raupyamākṣika bhasma*), *vanga bhasma*, purified *kharpara*, purified *haratāla*, *śankha bhasma*, purified borax, *svarṇamākṣika bhasma*, *vaikrānta bhasma*, *kāntalauha bhasma*, *svarṇa bhasma*, *pravāla bhasma*, *muktā bhasma*, *bhasma* of *varāṭa*, *bhasma* of *maṇirāga* (*hiñgula*), *kāntapāṣāṇa bhasma*, purified *gandhaka*, roots of *citraka*, roots of *arka* (*Bhānu*), juices of *jambīra* lemon, decoctions of *tṛiphalā*, root of *citraka*, *amlavetra*, *bhṛingarāja*, juice of *karavīra* and ginger.

Process of Drug-Making: Take the following ingredients in measurement of 12 gm. each: *abhraka bhasma*, *pārada bhasma or Rasasindūra*, *lauha bhasma*, *tāmra bhasma*, *nāga bhasma*, *bhasma* of bronze, *maṇḍūra bhasma*, *vimal* (*raupyamākṣika bhasma*), *vanga bhasma*, purified *kharpara*, purified *haratāla*, *śankha bhasma*, purified borax, *svarṇamākṣika bhasma*, *vaikrānta bhasma*, *kāntalauha bhasma*, *svarṇa bhasma*, *pravāla bhasma*, *muktā bhasma*, *bhasma* of *varāṭa*, *bhasma* of *maṇirāga* (*hiñgula*), *kāntapāṣāṇa bhasma* and purified *gandhaka*. Obtain fine powder of these ingredients by mortaring them together. Process the preparation saparately with the decoctions of the roots of *citraka* and roots of *arka* (*Bhānu*). Repeat the *bhāvanā* process for three times and process the same through *laghu puṭa* for three terms. Repeat the *bhāvanā* process for three times also using each of the juices of *jambīra* lemon, decoctions of *tṛiphalā*, root of *citraka*, *amlavetra*, *bhṛingarāja*, juice of *karavīra* and ginger. Repeat this process for three terms with each of the ingredients. Also cook the compound through *laghu puṭa* after each of the *bhāvanā* process. Mortar it further and finally store the preparation in glass bottles. This medicine is called *Bṛihata Kṣayakeśarī Rasa*.

Method of use/Administration: Consume this medicine in doses of two 250-375 mg. along with sugar, powder of *pippalī*, honey and juice of ginger. This medicine should be given in different *anupānas* to cure other disorders.

Therapeutic benefits: It cures disorders caused due to vitiated *vāta*, *pitta* and *kapha*. It also cures other diseases like fever, *sannipāta*, paralysis, partial paralysis, eleven types of *kṣaya*, *śoṣa*, *pāṇḍu*, worm related diseases, five types of *kāsa* (coughs), asthma, *prameha* (i.e. urinary disorders including diabetes), disorders caused due to obesity, liver diseases, *aśmarī*, *śarkrāmeha*, *śūla*,

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enlargement of spleen, *gulma*, *halīmaka* and the like. It also provides the users aphrodisiac power and strength.

(*Rasendra Sār Sangraha*)

शृङ्गाराभ्रम् (र. सा. सं.)–

शुद्धं कृष्णाभ्रचूर्णं द्विपलपरिमितं शाणमानं तदन्यत्–
कर्पूरं जातिकोषं सजलमिभकणा तेजपत्रं लवङ्गम् ।।१०१।।
मांसीतालीशचोचं गजकुसुमगदं धातकी चेति तुल्यम् ।
पथ्याधात्रीबिभीतत्रिकटुरपि पृथक् त्वर्द्धशाणं द्विशाणे ।।१०२।।
एलाजातीफलाख्यं क्षितितलविधिना शुद्धगन्धाश्मकोलं–
कोलार्द्धं पारदस्य प्रतिपदविहितं पिष्ठमेकत्र योज्यम् ।।१०३।।
पानीयेनैव कार्याः परिणतमरिचस्विन्नतुल्याश्च वट्यः ।
प्रातः खाद्या द्विवट्यस्तदनु च हि कियच्छृङ्गवेरं सपर्णम् ।।१०४।।
पानीयं पीतमन्ते ध्रुवमपहरति क्षिप्रमादौ विकारान् ।
कोष्ठं दुष्टाग्निजाताञ्ज्वरमुदररुजो राजयक्ष्मक्षयञ्च ।।१०५।।
कासं श्वासं सशोथं नयनपरिभवं मेहमेदोबिकाराञ्–
छर्दि शूलाम्लपित्तं तृषमपि महतीं गुल्मजालं विशालम् ।।१०६।।
पाण्डुत्वं रक्तपित्तं गरगरलगदान् पीनसं प्लीहरोगं–
हन्यादामाशयोत्थान् कफपवनकृतान् पित्तरोगानशेषान् ।।१०७।।
बल्यो वृष्यश्च भोग्यस्तरुणतरकरः सर्वरोगेषु शस्तः–
पथ्यं मांसैश्च यूषैर्घृतपरिलुलितैर्गव्यदुग्धैश्च भूयः ।।१०८।।
भोज्यं मिष्टं यथेष्टं ललितललनया दीयमानं मुदा य-
च्छृङ्गाराभ्रेण कामी युवतिजनशताभोगयोगादतुष्टः ।।१०९।।
वर्ज्यं शाकाम्लमादौ दिनकतिचिदथ स्वेच्छया भोज्यमन्यद् ।
दीर्घायुः काममूर्त्तिर्गतगदपलितो मानवोऽस्य प्रसादात् ।।११०।।

101-110. Śṛingārābhram:

Ingredients: *Kṛiṣṇa abharaka bhasma*, camphor, *jātīkoṣa*, *netrabālā*, *gajapippalī*, cassia leaves, clove, *jaṭāmānsī*, leaves of *tāliśa*, bark of cinnamon, *nāgakeśara*, flowers of *kuṣṭha*, *dhātakī*, *haraḍa*, *āmalakī*, *vibhītaka*, dried ginger, black pepper, *pippalī*, *elā*, *jātīphala*, *gandhaka* processed through *kṣititalavidhi* (*bhudharayañtra*), purified *pārada* and water.

Process of Drug-Making: Obtain *kṛiṣṇa abharaka bhasma* (100 gm.) after processing it with juice of *śatāvarī*. Take powder of the following ingredients in measurement of 3 gm. each: camphor, *jātīkoṣa*, *netrabālā*, *gajapippalī*, cassia leaves, clove, *jaṭāmānsī*, leaves of *tāliśa*, bark of cinnamon, *nāga keśara*, flowers

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of *kuṣṭha* and *dhātakī*. Also take, *haraḍa*, *āmalakī*, *vibhītaka*, dried ginger, black pepper, *pippalī* all in measurement of 1.5 gm. each, *elā*, *jātīphala* and *gandhaka* [that has been processed through *kṣititilavidhi* (*bhudharayañtra*)] each in measure of 6 gm. as well as the purified *pārada* in measure of 3 gm. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix powder of the rest of ingredients (from *kṛiśnābhraka bhasma* to *jātīphala*). Boil this along with water for three hours. Dry them and prepare pills in measurement of 250 mg. each. Preserve these pills in bottles after properly drying them.

Method of use/Administration: Consume this medicine during morning with pieces of ginger placed in betel leaves as mouth freshener. If feeling thirsty drink water.

While consuming this medicine, non-vegetable eatables, soups of meat, *yūṣa* sprinkled with *ghṛitam* and cow's milk should be eaten as per desire. One should eat food offered by beautiful and attractive women. While consuming this medicine one should avoid leafy vegetables and citrus fruits. After completing this medication one can eat as per desire.

Therapeutic benefits: This medicine is called *Śṛingārābhra* and it cures disorders related to vitiated digestive power, fever, stomachache, tuberculosis, *kāsa* (coughs), asthma, *śotha*, eye disease, *prameha* (i.e. urinary disorders including diabetes), indispositions due to obesity, vomiting, *śūla*, *āmlapitta*, morbid thirst, all types of serious *gulma*, *pāṇḍu*, *rakta pitta*, disorders of womb, poisoning due to bite of black cobra, sinus, spleen disorders, problems of gastrointestinal tract, diseases caused by disordered *kapha*, *vāta* and *pitta doṣas*. This *Śṛingārābhra* medicine is a great aphrodisiac. It is capable of turn an old man into a youthful personality. Taken with different *anupānas* it can cure all the diseases. This medicine increases sex power very effectively. Briefly we can say that this medicine increases life expectancy, sex power and cures disorders caused due to *khālitya* and *pālitya*.

(*Rasendra Sār Sangraha*)

चन्द्रामृतो रसः (बृहत्)–

रसगन्धकयोर्ग्राह्यं कर्षमेकं सुशोधितम् । अभ्रं निश्चन्द्रकं दद्यात् पलार्द्धञ्च विचक्षणः ।।१११।।
कर्पूरंशाणकंदद्यात्स्वर्णंतोलकसम्मितम् । ताम्रञ्च तोलकं दद्याद् विशुद्धंमारितं भिषक् ।।११२।।
लौहं कर्षं क्षिपेत्तत्र वृद्धदारकजारकम् । विदारी शतमूली च क्षुरकञ्च बला तथा ।।११३।।
मर्कट्यतिबला चैव जातीकोषफले तथा । लवङ्गं विजयाबीजं श्वेतसर्जरसं तथा ।।११४।।

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शाणभागं समादाय चैकीकृत्य प्रयत्नतः । मधुना मर्दयेत्तावद् यावदेकत्वमागतम् ।।११५।।
चतुर्गुञ्जाप्रमाणेन वटिकां कुरु यत्नतः । भक्षयेद्वटिकामेकां पिप्पलीमधुना सह ।।११६।।

111-116. Candrāmṛita Rasa (Major Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, fine variety of *abhraka bhasma*, purified camphor, *svarṇa bhasma*, *tāmra bhasma*, *lauha bhasma*, pure seeds of *vṛiddhadāraka*, white cumin seeds, *vidārīkanda*, *śatāvarīkanda*, *kṣuraka*, roots of *balā*, pure seeds of *kraunca*, root of *atibalā*, *jātīkoṣa*, *jātīphala*, clove, pure seeds of *vijayā*, white *sarja rasa* and honey.

Process of Drug-Making: Obtain the ingredients in the following measures: purified *pārada* (10 gm.), purified *gandhaka* (10 gm.), fine variety of *abhraka bhasma* (20 gm.), purified camphor (3 gm.), *svarṇa bhasma* (10 gm.), *tāmra bhasma* (10 gm.), *lauha bhasma* (10 gm.), pure seeds of *vṛiddhadāraka* (3 gm.), white cumin seeds (3 gm.), *vidārīkanda* (3 gm.), *śatāvarīkanda* (3 gm.), *kṣuraka* (3 gm.), roots of *balā* (3 gm.), pure seeds of *kraunca* (3 gm.), root of *atibalā* (3 gm.), *jātīkoṣa* (3 gm.), *jātīphala* (3 gm.), clove (3 gm.), pure seeds of *vijayā* (3 mg.) and white *sarja rasa* (3 mg.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of ingredients. Add honey to the prepartion and mortar it. Prepare pills in measurement of 500 mg. each.

Method of use/Administration: This medicine is called *Bṛihacandrāmṛita Rasa*. One should consume this medicine daily in doses of one pill along with powder of *pippalī* (250 mg.) and honey (6 gm.).

(*Rasendra Sār Sangraha*)

कुमुदेश्वरो रसः (र. सा. सं.)–
हेमभस्म रसभस्म गन्धकं मौक्तिकन्तु रसटङ्कणं तथा ।
तारकं गरुडसर्वतुल्यकं-काञ्जिकेन परिमर्द्य गोलकम् ।।११७।।
मृत्स्नया च परिवेष्ट्य शोषितं भाण्ड के लवणगेऽथ पाचयेत् ।
एकरात्रमृदुसंपुटेन वा सिद्धिमेति कुमुदेश्वरो रसः ।।११८।।

117-118. Kumudeśavara Rasa:

Ingredients: *Svarṇa bhasma*, *rasasindūra*, *gandhaka bhasma*, *muktā bhasma*, *pārada bhasma*, borax, *rajata bhasma*, *suvarṇamākṣika bhasma* and *kānji*.

Process of Drug-Making: Take the following in equal parts: *svarṇa bhasma*, *rasasindūra*, *gandhaka*, *muktā bhasma*, *pārada*, borax, *rajata bhasma* and *suvarṇamākṣika bhasma*. Churn all these ingredients along with *kānji* and form a

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ball shaped lump out of the preparation. Pack this lump thoroughly with a mud smeared piece of cloth and dry it. Subsequently place this in a *lavaṇa yañtra* and cook the same for one full day. One can also cook the preparation through a *mṛidupuṭa* to obtain *Kumudeśavara Rasa*.

Method of use/Administration: Lick this medicine in measurement of 250 mg. each with *ghṛitam* and pepper powder.

Therapeutic benefits: This medicine checks tuberculosis.

(*Rasendra Sār Sangraha*)

रसेन्द्रगुटिका–

कर्षं शुद्धरसेन्द्रस्य स्वरसेन जयार्द्रयोः । शिलायां खल्लयेत्तावद्यावत्पिण्डं घनं भवेत् ।।११९।।
जलकर्णाकाकमाचीरसाभ्यां भावयेत् पुनः । सौगन्धिकपलं भृङ्गस्वरसेन सुभावितम् ।।१२०।।
चूर्णितं रससंयुक्तमजाक्षीरपलद्वये । खल्लितं घनपिण्डन्तु गुटीः स्विन्नकलायवत् ।।१२१।।
कृत्वादौ शिवमभ्यर्च्य द्विजातीन् परितोष्यच । जीर्णान्नो भक्षयेदेकां क्षीरमांसरसाशनः ।।१२२।।
सर्वरूपं क्षयं कासं रक्तपित्तमरोचकम् । अपि वैद्यशतैस्त्यक्तमम्लपित्तं नियच्छति ।।१२३।।

119-123. Rasendra Guṭikā:

Ingredients: Purified mercury, juice of *jayā*, ginger, juice of *jalakarṇa*, *kākamācī*, powder of *saugandhika*, juice of *bhṛingarāja* and goats' milk.

Process of Drug-Making: Take 12 gm. of purified mercury and triturate it in a stone mortar along with the juices of *jayā* and ginger until it becomes thicker in consistency. Thereafter, triturate the preparation through *bhāvanā* process using separately the juices of *jalakarṇa* and *kākamācī*. Repeat the process for seven terms using each of the juices. To this, subsequently, add 48 gm. measure powder of *saugandhika* (that has been triturated along with the juice of *bhṛingarāja* for seven terms in a row) and goats' milk measuring 96 ml. and mortar them together. When the recipe becomes thicker and turns into a bolus shape, prepare pills measuring 250 mg.

Method of use/Administration: After offering prayer to God Śiva and the brahmins, one should take one pill of the medicine after the meal taken in previous evening has been digested. When feeling hungry, milk and meat soup could be taken.

Therapeutic benefits: This cures phthisis with all the manifested signs and symptoms, asthma, *rakta pitta* (a disease characterized by bleeding from different

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parts of the body) and anorexia. This also cures *āmla pitta* (a disease characterized by acid eructation) even if the patient is rejected by hundreds of physicians.

(Cakradatt)

रसेन्द्रगुटिका (बृहती)–

कुमार्या त्रिफलाचूर्णैश्चित्रकस्य रसैःक्रमात् । शोधयित्वा पुना राजीगृहधूमहरिद्रया ।।१२४।।
पक्वेष्टकारजोभिश्च धूर्त्तपत्ररसेन च । शृङ्गबेररसेनापि शोधयित्वा पुनः पुनः ।।१२५।।
प्रक्षालयेत्पुनः पश्चाच्छानयेद्वसने घने । कर्षद्वयं रसेन्द्रस्य भावयेद्विजयारसे ।।१२६।।
शिलायांखल्लयेच्चापियावच्चूर्णत्वमागतम् । जलकर्णाकाकमाचीरसाभ्यांभावयेत्पुनः ।।१२७।।
सौगन्धिकपलं शुद्धमर्द्धं मरिचटङ्गणम् । माक्षिकञ्च शिखिग्रीवं तालकं चाभ्रकं तथा ।।१२८।।
एतांस्तु मिलितान् दत्त्वा भावयेदार्द्रकद्रवैः । रक्तिद्वयप्रमाणेन कारयेद् गुटिकां भिषक् ।।१२९।।
जीर्णान्ने भोजयेदेकां क्षीरमांसरसाशनः । हन्ति कासं क्षयं श्वासं रक्तपित्तमरोचकम् ।।१३०।।
पाण्डुक्रिमिज्वरहरं कृशानां पुष्टिवर्द्धनम् । वाजीकरणमुद्दिष्टमम्लपित्तहरं परम् ।।१३१।।

124-131. Rasendra Guṭikā (Major Recipe):

Ingredients: *Pārada*, pulp of *ghṛitakumārī*, powder of *tṛiphalā*, juice or decoction of *citraka*'s root, powder of *rājī*, smoke ash from kitchen, powder of garlic pills, powder of baked bricks, juice of leaves of *dhatturā*, juice of ginger, juice of *jayantī* or leaves of *vijayā*, *jalakarṇa*, juice of *kākamācī*, purified *gandhaka*, black pepper, purified borax, *svarṇamākṣika bhasma*, purified *tutthaka*, purified *haratālabhasma*, *abhraka bhasma* and juice of ginger.

Process of Drug-Making: Obtain *pārada* (25 gm.) and triturate it separately for three hours each along with the pulp of *ghṛitakumārī*, powder of *tṛiphalā*, juice or decoction of *citraka*'s root, powder of *rājī*, smoke ash from kitchen, powder of garlic pills, powder of baked bricks, juice of leaves of *dhatturā* and juice of ginger. After properly trturating the recipe, form a lump of it.

Take a water filled jar and wash the lump properly rubbing it wth fingers inside the jar itself. Drain out the soiled water by slanting the jar and repeat the process of washing the lump with fresh water for seven terms in a row. Sieve the *pārada* thus pocessed through a piece of thick cloth inside a metal jar. Obtain fine powder of this *pārada* by mortaring it along with juice of *jayantī* or leaves of *vijayā*. Following this, treat this fine powder and saturate it with the juice of *jalakarṇa* and juice of *kākamācī* separately for three hours each.

Prepare a fine *kajjalī* by mixing this *pārada* powder with purified *gandhaka* in measure of 50 gm. Add to the *kajjalī* thus obtained, 25 gm. each of black pepper, purified borax, *svarṇamākṣika bhasma*, purified *tutthaka*, purified *haratālabhasma* and *abhraka bhasma*. There after, saturate the preparation through *bhāvanā*

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method along with the juice of ginger. Finally, triturate the recipe for three hours and subsequenly, prepare pills in measurement of 250mg. each. Dry these pills and preserve in glass bottles.

Method of use/Administration: Doses of one pill should be consumed daily after digestion of food. One should include milk and meat soups in his diets during the intake of the medicine.

Therapeutic benefits: This medicine is known as *Bṛihadrasendra Guṭikā* and it effectively cures *kāsa* (coughs), tuberculosis, asthma, *rakta pitta*, *arocaka*, *pāṇḍu*, worm related diseases, fever and *āmlapitta*. It increases weight and equips the users with great aphrodisiac power.

कल्याणसुन्दराभ्रम्–

वज्राभ्रमेकपलिकं पुटनैः सुजीर्णधात्रीपयोदबृहतीशतमूलिकेक्षु ।
बिल्वाग्निमन्थजलवासककण्टकारीश्योनाकपाटलिबला च रसैरमीषाम् ।।१३२।।
सम्मर्दितं पलमितैः पृथगेकशश्च गुञ्जासमं सुवलितं वटिकाकृतञ्च ।
यक्ष्मक्षयौ सकलशोषबलासपित्तंश्वासं समीर मरुचिं कसनाङ्गसादम् ।।१३३।।
शोथं स्वरक्षयमजीर्णमुदर्दशूलंमेहं ज्वरं विषमुरोग्रहपाण्डुहिक्काः ।
कार्श्यं क्रिमिं बलविनाशनमम्लपित्तंप्लीहामयं सहहलीमकमस्त्रगुल्मम् ।।१३४।।
तृष्णामवातनिचयं ग्रहणीं प्रदुष्टांविस्फोटकुष्ठनयनास्यशिरोगदांश्च ।
मूर्च्छां वमि विरसतां विनिहन्ति सद्यःकल्याणसुन्दरमिदं बलदं सुवृष्यम् ।।१३५।।
मेध्यं रसायनवरं सकलामयानां–नाशाय यक्ष्मनिवहे कथितं हरेण ।।१३६।।

132-136. Kalyāṇasundarābhram:

Ingredients: *Vajrābhraka bhasma*, *āmalakī*, *mustaka*, large *kañṭakārī*, stem of *śatāvara*, sugar cane, bark of *bilva*, bark of *araṇī*, *jāla* (*netrabālā*), leaves of *aḍuṣā*, smaller *kañṭakārī*, barks of *śyoṇāka* and *pāṭala* trees and root of *balā*.

Process of Drug-Making: Obtain *vajrābhraka bhasma* (46 gm.), which has been processed through *puṭa* heating for 100 terms. Take juice or decoction of the following ingredients in measurement of 46 ml. each: *āmalakī*, *mustaka*, large *kañṭakārī*, stem of *śatāvara*, sugar cane, bark of *bilva*, bark of *araṇī*, *jāla* (*netrabālā*), leaves of *aḍuṣā*, smaller *kañṭakārī*, barks of *śyoṇāka* and *pāṭala* trees and root of *balā*. Triturate the *vajrābhraka bhasma* with juices or decoctions of each of the aforementioned ingredients separately for three hours each. Subsequently, prepare pills in measurement of 125 mg. each, dry them and preserve them in glass bottles. This medicine is called as *Kalyāṇasundarābhra*.

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Method of use/Administration: It should be consumed daily in different *anupānas*.

Therapeutic benefits: This medicine cures diseases like tuberculosis, all types of disorders related to *śoṣa*, *kapha*, *vāta* and *pitta*, asthma, anorexia, *kāsa* (coughs), looseness of body limbs, *śotha*, *svarakṣaya*, *ajīrna*, *udarda*, *śūla*, *prameha* (i.e. urinary disorders including diabetes), fever, *viṣavikāra*, pain chest, *pāṇḍu*, hiccups, *kuṣṭha*, *āmavāta*, vitiated cases of *grahaṇī*, wound (*visphoṭa*), *kuṣṭha* (skin diseases including leprosy), diseases of eyes, face and head, fainting, vomitting and the like. *Kalyāṇasundarābhra Rasa* is among the best medicines. It promotes strength, stamina and aphrodisiac power. Śṛi Mahādevajī have prepared this medicine to cure all major diseases, especially the tuberculosis.

काञ्चनाभ्ररसः–

काञ्चनं रससिन्दूरं मौक्तिकं लौहमभ्रकम् । विद्रुमञ्चाभया तारं कस्तूरी च मनःशिला ।।१३७।।
प्रत्येकं तिन्दुमात्रञ्च सर्वं सम्मर्द्य यत्नतः । वारिणा वटिका कार्या द्विगुञ्जाफलमानतः ।।१३८।।
अनुपानं प्रयोक्तव्यं यथादोषानुसारतः । नानारोगप्रशमनं सर्वोपद्रवसंयुतम् ।।१३९।।
क्षयं हन्ति तथा कासं श्लेष्मपित्तसमुद्भवम् । प्रमेहं विविधञ्चैव दोषत्रयसमुत्थितम् ।।१४०।।
कफजान्वातजान्रोगान्नाशयेत्सद्यएव हि । बलवृद्धिं वीर्यवृद्धि लिङ्गदार्ढ्यं करोति च ।।१४१।।
श्रीकरः पुष्टिजननो नानारोगनिषूदनः । गहनानन्दनाथोक्तो रसोऽयं काञ्चनाभ्रकः ।।१४२।।

137-142. Kāncanābhra Rasa:

Ingredients: *Svarṇa bhasma*, *rasasindūra*, *muktā bhasma*, *lauha bhasma*, *abhraka bhasma*, *pravāla bhasma*, powder of *haraḍa* and purified *manahśilā*.

Process of Drug-Making: Take 10 gm. each of *svarṇa bhasma*, *rasasindūra*, *muktā bhasma*, *lauha bhasma*, *abhraka bhasma*, *pravāla bhasma*, powder of *haraḍa* and purified *manahśilā*. Compound them together into a fine powder. Prepare pills measuring 250 mg. each and preserve them in a clean bottle.

Method of use/Administration: Take this *Kāncanābhra Rasa* along with *anupāna* that is fit for the patient.

Therapeutic benefits: It cures all types of diseases particularly consumption and *kāsa* (coughs) produced by *śleṣma* or *pitta*, indisposition of all the three *doṣas* along with 20 types of *prameha* and 80 types of *vāta roga*. It is also a great aphrodisiac *rasāyaṇa*. It promotes the beauty and strength of the body. This recipe has been suggested by Śṛī Gahanānand Jī.

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काञ्चनाभ्ररसः (बृहत्)–

काञ्चनं रससिन्दूरं मौक्तिकं लौहमभ्रकम् । विद्रुमं मृतवैक्रान्तं तारं ताम्रञ्च वङ्गकम् ।।१४३।।
कस्तूरिका लवङ्गञ्च जातीकोषैलवालुकम् । प्रत्येकं तिन्दुमात्रञ्च सर्वं मर्द्यं प्रयत्नतः ।।१४४।।
कन्यानीरेण संमर्द्यं केशराजरसेन च । अजाक्षीरेण सम्भाव्यं प्रत्येकं दिवसत्रयम् ।।१४५।।
चतुर्गुञ्जाप्रमाणेन वटिकां कारयेद्भिषक । अनुपानं प्रदातव्यं यथादोषानुसारतः ।।१४६।।
नानारोगप्रशमनं सवोपद्रवसंयुतम् । क्षय हन्ति तथा कासं यक्ष्माणं श्वासमेव च ।।१४७।।
प्रमेहान् विंशतिञ्चैव दोषत्रयसमुत्थितान् । सर्वरोगं निहन्त्याशु भास्करस्तिमिरं यथा ।।१४८।।

143-148. Kāncanābhra Rasa (Major Recipe):

Ingredients: *Svarṇabhasma*, *rasa sindūra*, *muktā bhasma*, *abhraka bhasma*, *pravāla*, *vaikrānta bhasma*, *rajata bhasma*, *tāmra bhasma*, *vanga bhasma*, *kastūrī*, clove, *jātīkoṣa*, *elavāluka*, juice of *ghṛitakumārī* pulp, *keśarāja* and goat's milk.

Process of Drug-Making: Take powder measuring one *tindu* (12 gm.) each of the following ingredients: *svarṇa bhasma*, *rasa sindūra*, *muktā bhasma*, *abhraka bhasma*, *pravāla*, *vaikrānta bhasma*, *rajata bhasma*, *tāmra bhasma*, *vanga bhasma*, *kastūrī*, clove, *jāṭīkoṣa* and *elavāluka*. Obtain fine powder of these ingredients. Treat all these ingredients separately for three days with juice of *ghṛitakumārī* pulp, *keśarāja* and goat's milk and finally triturate the preparation. Make pills in doses of 500 mg. (modern dose 125 mg.) out of it, dry and preserve them in glass bottles.

Method of use/Administration: Depending on the disease and disorders of *doṣas* this medicine can be taken with different *anupānas*.

Therapeutic benefits: This medicine is called *Bṛihaṭa kāncanābhra Rasa*. It cures all diseases specially tuberculosis, *kāsa* (coughs), asthma and 20 types of *prameha* (i.e. urinary disorders including diabetes).

(*Rasendra Sār Sangraha*)

मृगाङ्को रसः (स्वल्पः)–

रसभस्म हेमभस्म तुल्यं गुञ्जाद्वयं भजेत् । दोषं बुद्ध्वाऽनुपानेन मृगाङ्कोऽयं क्षयापहः ।
(रक्तिकाऽर्द्धप्रमाणेन तत्सेव्यं कणया सह ।।१४९।।
नाम्नाःमृगाङ्कःस्वल्पोऽयंश्वासंकासंक्षयंध्रुवम् । सेवनान्नाशयत्याशु बलवर्णाग्निवर्द्धनः) ।।१५०।।

149-150. Mṛigānka Rasa:

Ingredients: *Rasa sindūra* and *svarṇa bhasma*.

Process of Drug-Making: Take *rasa sindūra* (12 gm.) and *svarṇa bhasma* (12 gm.) and mortar it into a fine powder. Fill the powder in a bottle.

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Method of use/Administration: Consume this medicine daily in doses of 65 mg. along with powder of *pippalī* (125 mg.) and honey.

Therapeutic benefits: This medicine is a minor variety of *Mṛigānka Rasa*. It cures disorders like asthma, *kāsa* (coughs) and tuberculosis. It provides aphrodisiac strength and increases digestive power.

(*Rasendra Sār Sangraha*)

मृगाङ्को रसः–

स्याद्रसेन समं हेम मौक्तिकं द्विगुणं ततः । गन्धकञ्च समं तेन रसपादन्तु टङ्कणम् ।।१५१।।
सर्वं तद्गोलकं कृत्वा काञ्जिकेन च पेषयेत् । भाण्डे लवणपूर्णेऽथ पचेद्यामचतुष्टयम् ।।१५२।।
स्वाङ्गशीतं समुद्धृत्य देयं गुञ्जाप्रमाणतः । मृगा संज्ञः स ज्ञेयो रोगराजनिकृन्तनः ।।१५३।।
रसस्य भस्मना हेम भस्मीकृत्य प्रयोजयेत् । गुञ्जाचतुष्टयं चास्य मरिचैः सह भक्षयेद् ।।१५४।।
पिप्पलीदशकैर्वाऽथ मधुना लेहयेद् बुधः । पथ्यं सुलघु मांसेन प्रायशोऽस्य प्रयोजयेत् ।।१५५।।
दध्याजं गव्यतक्रं वा मांसमाजं प्रयोजयेत् । एलाजाजीमरीचैस्तु संस्कृतैरविदाहिभिः ।
व्यञ्जनैर्घृतपक्वैश्च नातक्षीरैश्च हिङ्गुभिः ।।१५६।।
वृन्ताकं तैलबिल्वादि कारबेल्लञ्च वर्जयेत् । स्त्रियं परिहरेद् दूरं कोपञ्चापि परित्यजेत् ।।१५७।।

151-157. Mṛigānka Rasa (Major Recipe):

Ingredients: Purified *gandhaka*, *svarṇa bhasma*, *muktā bhasma*, purified *pārada* and purified borax and *kānji*.

Process of Drug-Making: Take the following ingredients: purified *gandhaka* (12 gm.), *svarṇa bhasma* (12 gm.), *muktā bhasma* (24 gm.), purified *gandhaka* (24 gm.), purified borax (3 gm.). First of all prepare *kajjalī* out of and *gandhaka* and mix *svarṇa bhasma* into it thoroughly. Treating it with *kānji*, triturate the preparation for three hours. Finally form ball shaped lump out of it and let it dry. Place this lump tightly in a *śarāva saṁpuṭa* and keep it inside a pitcher filled with *lavaṇa*. Cook the preparation in a *lavaṇa yañtra* (that is a pot filled with *lavaṇa* or salt) over a stove for 12 hours. After 12 hours of cooking, remove it from the stove and let it cool down. Open the wrapped drug from the *saṁpuṭa yañtra* and mortar it into a fine power. Fill this powder in bottles.

Method of use/Administration: Consume this medicine four times in a day (at the intervals of three hours) in measurement of 250 mg. each.

Therapeutic benefits: This medicine is called *Mṛigānka Rasa*. It controls tuberculosis.

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Second procedure:

Churn *pārada bhasma or rasasindūra* and *svarṇa bhasma* (equal to the combined quantity of the both) and fill the pulverized compound in bottles. Consume this drug daily in doses of 125 mg. each along with powder of *pippalī* (measuring 250 mg.), *marica* (also measuring 250 mg.) and honey (measuring 4 gm.). While consuming this drug, one should take meat, meat soup, rice of *śāli* and *ṣaṣṭhi* varieties, goat's milk, cow's butter milk, mutton and vegetables fried with *ghṛita* and asafoetida. One should avoid leaves of brinjal, oil, fruits of *bilva*, leaves of *kārvellaka*, intercourse and anger while consuming this medicine.

(*Rasendra Sār Sangraha*)

राजमृगाङ्को रसः–

रसभस्मत्रयो भागा भागैकं हेमभस्मकम् । मृतताम्रस्य भागैकं शिलातालकगन्धकम् ।।१५८।।
प्रतिभागद्वयं तत्राप्येकीकृत्य निधापयेत् । वराटिका तेन पूर्या चाजाक्षीरेण टङ्कणम् ।।१५९।।
पिष्ट्वातेनमुखंरुद्ध्वामृदोभाण्डेनिधापयेत् । शुष्कं गजपुटे पाच्यं चूर्णयेत्स्वाङ्गशीतलम् ।।१६०।।
रसो राजमृगाङ्कोऽयं चतुर्गुञ्जं क्षयापहम् । दशपिप्पलिकैः क्षौद्रैर्मरिचैरेकविंशकैः ।।
सघृतैर्दापयेद्वातपित्तश्लेष्मोद्भवे क्षये ।।१६१।।

158-161. Rājamṛigānka Rasa:

Ingredients: *Pārada bhasma*, *rasa sindūra*, *svarṇa bhasma*, *tāmra bhasma*, purified *manahśilā*, purified *haratāla*, purified *gandhaka*, purified cowries and *kalka* of borax churned in goat's milk.

Process of Drug-Making: Obtain the following ingredients: *pārada bhasma* (36 gm.), *rasa sindūra* (36 gm.), *svarṇa bhasma* (12 gm.), *tāmra bhasma* (12 gm.), purified *manahśilā* (24 gm.), purified *haratāla* (24 gm.), purified *gandhaka* (24 gm.). First of all churn *pārada bhasma* and *gandhaka* into fine powder and mortar it after mixing rest of the ingredients.

Fill the pulverized compound into purified cowries (of large size). Close the mouth of cowries with the paste of borax churned in goat's milk. Allow the paste to dry. Place these cowries inside an earthen pitcher and close the pitcher tightly. Put this preparation inside a *gajapuṭa* and fire the same in the prescribed manner. After the process is completed and the preparation is thoroughly cooked remove out the cowries and mortar them along with the drug contents into a fine powder. Store the medicine in a glass container.

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Method of use/Administration: Take this *Rājamṛigānka Rasa* in doses of 500 mg. along with powder of 10 pieces of pepper and 21 pieces of black pepper. Following this, one should also take 3 gm. of honey and 6 gm. of *ghṛitam*.

Therapeutic benefits: This medication is capable to cure one from the consumption caused due to *vāta*, *pitta* and *kapha* disorders.

(*Ras Ratna Samuccaya*)

महामृगाङ्करसः–

निरुत्थं भस्मसौवर्णंद्विगुणं भस्म सूतकम् । त्रिगुणं भस्म मुक्तोत्थं शुकपुच्छं चतुर्गुणम् ।।१६२।।
मृतताप्यं च पञ्चांशं तारभस्म च षड्गुणम् । सप्तभागं प्रवालं च रसतुल्यं च टङ्कणम् ।।१६३।।
सर्वमेकत्र संमर्द्य त्रिदिनं निम्बुवारिणा । तं ततो गोलकं कृत्वा शोषयित्वा खरातपे ।।१६४।।
लवणैःपात्रमापूर्यतन्मध्ये गोलकं क्षिपेत् । तन्मुखं च मृदा रुद्ध्वा पचेद् यामचतुष्टयम् ।।१६५।।
आकृष्य चूर्णयेच्छुद्धं चतुःषष्टिविभागतः । वज्रं च तदभावे तु वैक्रान्तं षोडशांशकम् ।।१६६।।
महामृगाङ्कः खलु सिद्ध एषश्रीनन्दिनाथप्रकटीकृतोऽयम् ।
वल्लोऽस्य सेव्यो मरिचाज्ययुक्तः सेव्योऽथवा पिप्पलिकासमेतः ।।१६७।।
अत्रोपचाराःकर्त्तव्याःसर्वेक्षयगदोदिताः। बल्यं घृतं च भोक्तव्यं त्याज्यं सूतविरोधि यत् ।।१६८।।
यक्ष्माणं बहुरूपिणं ज्वरगणं गुल्मं तथा विद्रधिं–
मन्दाग्नि स्वरभेदकासमरुचिं वान्तिं च मूर्च्छां भ्रमम् ।
अष्टावेव महागदान् गदगणान् पाण्ड्वामयं कामलां–
पित्तार्त्तिं समलग्रहान् बहुविधानन्यांस्तथा नाशयेत् ।।१६९।।

162-169. Mahāmṛigānka Rasa:

Ingredients: *Nirutha svarṇa bhasma*, *pārada bhasma* or *rasa sindūra*, *muktā bhasma*, purified sulphur, *svarṇamākṣika bhasma*, *rajata bhasma*, *pravāla bhasma*, borax, juice of *jambīra* lemon and *hīraka bhasma* or *vikrāntā bhasma*.

Process of Drug-Making: Obtain 12 gm. measure of *nirutha svarṇa bhasma*, 24 gm. measure of *pārada bhasma* or *rasa sindūra*, *muktā bhasma* in 36 gm. measure, purified sulphur measuring 48 gm. , *svarṇa mākṣika bhasma* measuring 60 gm., *rajata bhasma* measuring 72 gm. and *pravāla bhasma* measuring 84 gm. . Also take 24 gm. measure of borax. First prepare *kajjalī* out of *pārada bhasma* and *gandhaka* and mix rest of the ingredients into it. Mortar the preparation through juice of *jambīra* lemon for three days. Dry them under sun. Place the medicine inside a *śarāva saṁpuṭa* or *mūṣā*. Take a pitcher filled with *lavaṇa* and place the *śarāva saṁpuṭa* or *mūṣā* inside the middle of the pitcher. Tightly close the mouth of the pitcher with mud smeared cloth and cook the preparation in a *lavaṇa yañtra* for 12 hours. Remove it from stove and let it cool down. Prepare fine powder of

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this and add to the recipe *hīraka bhasma* measuring 1/64 part of the above powder. If the *hīraka bhasma* is not available one can use *vikrāntā bhasma*. One should use it in 1/16 part. This medicine is known as *Mahāmṛigānka Rasa* and has been prepared by Śrī Nandināth Āchārya.

Method of use/Administration: This medicine should be consumed in doses of one *valla* along with powder of black pepper (measuring 250 mg.), powder of *pippalī* (measuring 125-250 mg.), and *ghṛitam* of cow (measuring 6 gm.). While consuming this medicine, other medicines prescribed for cure of tuberculosis should also be taken. Nutritious eatables should be served to the patient with *ghṛitam*. He should avoid eatables which been mentioned as *apathya*.

Therapeutic benefits: This medicine cures various types of tuberculosis and other of indispositions like fever, *gulma*, *vidaradhi*, *mandāgni*, *svarabheda*, *kāsa* (coughs), anorexia, vomitting tendencies, fainting, giddinness, eight types of *mahāroga*, other related diseases, *pāṇḍu*, jaundice, disorders caused due to vitiated *pitta* and improper digestion.

(*Rasendra Sār Sangraha*)

लोकेश्वरपोट्टलीरसः (यो. र.)–

भस्मसूताच्चतुर्थांशं मृतस्वर्णं प्रदापयेत् । द्विगुणं गन्धकं दत्त्वा मर्दयेच्चित्रकाम्बुना ।।१७०।।
पूर्यावराटिकातेनटङ्गणेननिरुद्ध्य च । भाण्डे चूर्णप्रलिप्तेऽथ क्षिप्त्वा रुद्ध्वा च मृन्मये ।।१७१।।
शोषयित्वा गजपुटे पुटेत्तं चापराह्णिके । स्वाङ्गशीतं समुद्धृत्य चूर्णयित्वा तु विन्यसेत् ।।१७२।।
एष लोकेश्वरो नाम वीर्यपुष्टिविवर्द्धनः । गुञ्जाचतुष्टयं चास्य पिप्पलीमधुसंयुतम् ।।१७३।।
भक्षयेत्पयसाभक्त्यालोकेशःसर्वदर्शनः। अङ्गकार्श्यऽग्निमान्द्येचकासेपित्ते क्षयेऽपि च ।।१७४।।
मरिचैर्घृतयुक्तैश्च भक्षयेद्दिवसत्रयम् । लवणं वर्जयेत्तत्र साज्यं दधि च योजयेत् ।।१७५।।
एकविंशदिनं यावत् सघृतं मरिचं पिबेत् । पथ्यं मृगाङ्कवद्देयं शयीतोत्तानपादतः ।।१७६।।
येशुष्काविषमाशनैःक्षयरुजाव्याप्ताश्चयेऽष्ठीलयायेपाण्डुत्वहताःकुवैद्यविधिना ये शोषिणो दुर्भगाः ।
येतप्ताविविधैर्ज्वरैःश्रममदोन्मादैःप्रमादंगतास्तेसर्वेविगतामयाहतरुजास्युः पोट्टलीसेवनात् ।।१७७।।

170-177. Lokeśvara Poṭṭalī Rasa:

Ingredients: *Rasa sindūra*, purified borax, *gandhaka*, juice of *citraka*, large size cowries and borax.

Process of Drug-Making: Take *rasa sindūra* (four parts), purified borax (one part) and *gandhaka* (seven parts). Triturate the ingredients together along with the juice of *citraka*. Take large size cowries and fill in the above compound in them. Close the mouth of cowries with paste of borax. After drying the cowries, place

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the compound in an earthenware. Place the earthenware in *gajapuṭa* and cook it. After cooking it for one whole day, allow it to cool down. The following day, open the mouth of earthenware, take out the cowries and triturate them along with the contents inside.

Method of use/ Administration and Therapeutic benefits: This medicine should be taken in doses of 500 mg. along with honey, powder of *pippalī* and milk. In cases where the patient is lean and thin, is suffering from indispositions like *agnimāndya*, *kāsa* (coughs), vitiated *pitta* and *kṣaya*, he should be given the medicine with pepper powder and *ghṛitam* for three days. After consuming the medicine, the patient should lie in *uttāna* posture. While taking this medication one should avoid salt and should take *yoghurt* and *ghṛitam*. Also, *ghṛitam* and pepper powder should be taken for 21 days. Conditions of *pathya* should be followed as in the case of taking the drug *Mṛigānka Rasa*. This medication and prescribed diets cures *śoṣa rogas*, *kṣaya*, *aṣṭhilā*, *pāṇḍu*, fever, fatigue, *mada* and insanity and the like.

(*Yoga Ratnākar*)

हेमगर्भपोट्टलीरसः–

रसभस्म त्रयो भागा भागैकं हेमभस्मकम् । मृतताम्रस्य भागैकं भागैकं गन्धकस्य च ।।१७८।।
मर्दयेच्चित्रकद्रावैर्द्वियामान्ते समुद्धरेत् । पूर्या वराटिका तेन टङ्कणेन विलेपयेत् ।।१७९।।
वराटीं पूरयेद्भाण्डे रुद्ध्वा गजपुटे पचेत् । विचूर्णयेत्स्वाङ्गशीते पोट्टलीं हेमगर्भिकाम् ।।१८०।।
मृगाङ्कवच्च गुञ्जैकाभक्षणाद् राजयक्ष्मनुद् ।।१८१।।

178-181. Hemagarbha Poṭṭalī Rasa:

Ingredients: *Pārada bhasma*, *Rasa sindūra*, *svarṇa bhasma*, *tāmra bhasma*, purified *gandhaka*, decoction of roots of *citraka*, cowries (*varāṭikās*) and water based paste of borax.

Process of Drug-Making: Obtain a fine powder of the following ingredients: *pārada bhasma* (36 gm.), *rasa sindūra* (36 gm.), *svarṇa bhasma* (12 gm.), *tāmra bhasma* (12 gm.) and purified *gandhaka* (12 gm.). Mortar this powder with decoction of roots of *citraka* for six hours and let it dry. After drying it, fill them inside the cowries (*varāṭikās*). Close the mouth of *varāṭikās* with water based paste of borax and allow the same to dry. Subsequently, put the *varāṭikās* in a pitcher and close its mouth with an earthen plate (*śarāva*) and process the pitcher through *gajapuṭa* heating. Subsequently, take the *varāṭikās* out of the pitcher and mortar the same (along with its contents) into a fine powder.

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Method of use/ Administration and Therapeutic benefits: Like *Mṛigānka Rasa*, this *Hemagarbha Poṭṭalī* should be consumed in doses of 125 mg. to get relief from tuberculosis.

(*Rasendra Sār Sangraha*)

रत्नगर्भपोट्टलीरसः–

रसं वज्रं हेम तारं नागं लौहञ्च ताम्रकम् । तुल्यांशं मरिचं योज्यं मुक्तामाक्षिकविद्रुमम् ।।१८२।।
शङ्खञ्च तुत्थं तुल्यांशं सप्ताहं चित्रकद्रवैः । मर्दयित्वा विचूर्ण्याथ तेन पूर्या वराटिका ।।१८३।।
टङ्कणं रविदुग्धेन पिष्ट्वा तन्मुखमन्धयेत् । मृद्भाण्डे तं निरुद्ध्याथ सम्यग्गजपुटे पचेत् ।।१८४।।
आदायचूर्णयेत्सर्वंनिर्गुण्ड्याःसप्तभावनाः । आर्द्रकस्य रसैः सप्त चित्रकस्यैकविंशतिः ।।१८५।।
द्रवैर्भाव्यं ततः शोष्यं देयं गुञ्जकसम्मितम् । योजयेत्पिप्पलीक्षौद्रैः सघृतैर्मरिचैस्तथा ।।१८६।।
यक्ष्मरोगं निहन्त्याशु साध्यासाध्यं न संशयः । महारोगाष्टके कासे ज्वरे श्वासेऽतिसारके ।।
पोट्टलीरत्नगर्भोऽयं योगवाही नियोजयेत् ।।१८७।।

182-187. Ratnāgarbhapoṭṭalī Rasa:

Ingredients: *Pārada bhasma* or *rasasindūra*, *vajra bhasma*, *svarṇa bhasma*, *rajata bhasma*, *lauha bhasma*, *tāmraka*, *muktā*, *mākṣika*, *pravāla*, *śankha*, powder of *marica*, purified *tuttha*, *citraka*, cowries (*varāṭikās*), paste of *tañkaṇa bhasma*, latex of *ravi* (*arka*), juice of *nirgunḍī*, ginger-juice and decoction of *citraka*.

Process of Drug-Making: Take 12 gm. *rasasindūra* and each of the *bhasmas* of *vajra*, *svarṇa*, *rajata*, *lauha* and *tāmraka*, *muktā*, *mākṣika*, *pravāla* and *śankha* and powder of *marica* along with 12 gm. of purified *tuttha*. Get them triturated together along with the decoction or juice of *citraka* for seven days. Dry the preparation and mortar it into a fine powder. Close the mouth of *varāṭikās* with water based paste of borax and allow the same to dry. Subsequently, put the *varāṭikās* in a pitcher and close its mouth with an earthen plate (*śarāva*) and process the pitcher through *gajapuṭa* heating. Subsequently, take the *varāṭikās* out of the pitcher and mortar the same (along with its contents) into a fine powder.

Following that the recipe should be triturated along with the juice of *nirgunḍī* for seven times, ginger-juice for seven times and decoction of *citraka* for 21 terms, all in a row. During this process, soak the preparation into the prescribed juice or decoction for overnight and the following morning, resume the churning for whole day. Each of the saturation process should follow this method. Finally, dry the recipe and store the same.

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Method of use/Administration: Take it in the doses of 125 mg. along with *pippalī* powder (measuring 125 mg.), honey (measuring 62 mg.) or *ghṛita* (measuring 62 mg.) and powder of black pepper (also measuring 62 mg.).

Therapeutic benefits: It certainly cures tuberculosis. This is a *Yogavāhi* drug. Taken along with different *anupānas* the medicine can cure all the eight types of *mahārogas* including *vāta*, *aśmarī*, *kuṣṭha*, *prameha* (obstinate urinary diseases including diebetes), problems of gastrointestinal tract, *bhagandara*, piles and *sangrahaṇī*. It also checks cases of asthma, *kāsa* (coughs) and diarrhoea.

(*Rasendra Sār Sangraha*)

कनकसुन्दरो रसः–

रसस्य तुर्यभागेन हेमभस्म प्रयोजयेत् । मनःशिला गन्धकं च तुत्थं माक्षिकतालकम् ।।१८८।।
विषं टङ्गणकं सर्वं रसतुल्यं प्रदापयेत् । मर्दयेत् सर्वमेकत्र खल्लपात्रे च निर्मले ।।१८९।।
जयन्तीभृङ्गराजोत्थैःपाठायावासकस्यच । अगस्तिलाङ्गलाग्नीनांस्वरसैश्च पृथक् पृथक् ।।१९०।।
भावयित्वा विशोष्याथ पुनश्चार्द्रकवारिणा । सप्तधा भावयित्वा च रसः कनकसुन्दरः ।।१९१।।
गुञ्जाद्वयं त्रयं वाऽस्य राजयक्ष्मप्रशान्तये । मधुना पिप्पलीभिर्वा मरिचैर्वा घृतान्वितम् ।।१९२।।
संनिपाते प्रदातव्यमार्द्रकस्य रसेन वै । जयपालरजोभिर्वा गुल्मिने शूलरोगिणे ।।१९३।।
अम्लवर्जं चरेत् पथ्यं बल्यं हृद्यंरसायनम् । वर्जयेल्लवणं हिङ्गु तक्रं दधि विदाहि यत् ।।१९४।।

188-194. Kanakasundara Rasa:

Ingredients: *Pārada*, *svarṇa bhasma*, *manahśilā*, *gandhaka*, *tuttha*, *svarṇa mākṣika bhasma*, *haratāla*, *viṣa*, borax, juices of *jayantī*, *bhṛingarāja*, *pāṭhā*, *vāsaka*, *agastya*, *lāngalī*, *citraka* and juice of ginger.

Process of Drug-Making: Take *pārada* (one part), *svarṇa bhasma* (one fourth part), one part each of *manahśilā*, *gandhaka*, *tuttha*, *svarṇamākṣika bhasma*, *haratāla*, *viṣa* and borax. Mortar all of them together. Process this compound through *bhāvanā* method separately with the juices of *jayantī*, *bhṛingarāja*, *pāṭhā*, *vāsaka*, *agastya*, *lāngalī* and *citraka*. Repeat the *bhāvanā* process for two terms. After completing the process, dry the compound. Subsequently take the juice of ginger and repeat the *bhāvanā* process of the preparation for seven consecutive times.

Method of use/ Administration and Therapeutic benefits: This medicine is called *Kanakasundara Rasa*. Prepare pills in measurement of 250-375 mg. and consume the drug along with *madhu pippalī* or *marica* powder and *ghṛitam*. Use the medicine in first stage of tuberculosis. This medicine checks the tuberculosis. In cases of *sannipāta*, it should be given with juice of ginger. Patients of *gulma*

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and coilc pain should consume this medicine along with powder of *jayapāla*. This medicine provides aphrodisiac power. It is good for heart and is rich in minerals. During medication one should avoid taking sour edibles, salt, asafoetida, buttermilk, curd and other products which causes burning sensation. One should rather eat more leafy vegetables.

(*Rasendra Sār Sangraha*)

सर्वाङ्गसुन्दरो रसः–

रसं गन्धञ्चतुल्यांशंद्वौभागौ टङ्गणस्य च । मौक्तिकं विद्रुमं शङ्खभस्म देयं समांशिकम् ।।१९५।।
हेमभस्मार्द्धभागञ्च सर्वं खल्ले विमर्दयेत् । निम्बूद्रवेण संपिष्य पिण्डिकां कारयेत्ततः ।।१९६।।
पश्चाल्लघुपुटं दत्त्वा सुशीतञ्च समुद्धरेत् । हेमभस्मसमं तीक्ष्णं तीक्ष्णार्द्धं दरदं मतम् ।।१९७।।
एकीकृत्य समस्तानि सूक्ष्मचूर्णानि कारयेत् । ततः पूजां प्रकुर्वीत रसस्य दिवसे शुभे ।।१९८।।
सर्वाङ्गसुन्दरो ह्येष राजयक्ष्मनिकृन्तनः । वातपित्तज्वरे घोरे सन्निपाते सुदारुणे ।।१९९।।
अर्शसिग्रहणीदोषेमेहे गुल्मे भगन्दरे । निहन्ति वातजान् रोगान् श्लैष्मिकांश्च विशेषतः ।।२००।।
पिप्पलीमधुसंयुक्तं घृतयुक्तमथापि वा । भक्षयेत् पर्णखण्डेन सितया चार्द्रकेण वा ।।२०१।।

194-201. Sarvāngasundara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified borax, *muktā bhasma*, *śankha bhasma*, *svarṇa bhasma*, lemon juice, *tīkṣana lauha bhasma* and purified *hiñgula*.

Process of Drug-Making: Take the ingredients in the following measures: purified *pārada* (12 gm.), purified *gandhaka* (12 gm.), purified borax (24 gm.), *muktā bhasma* (12 gm.), *śankha bhasma* (12 gm.) and *svarṇa bhasma* (6 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of ingredients. Mortar the recipe in lemon juice for three hours. Prepare small *cakrikās* and place them in *śarāva saṁpuṭa*. Close the *śarāva saṁpuṭa* and process the same with *laghu puṭa* method of heating. Subsequently allow the preparation to cool down to atmospheric temperature and take the compound from *saṁpuṭa*. Mix *tīkṣana lauha bhasma* (6 gm.) and purified *hiñgula* (3 gm.). Churn all these ingredients thoroughly and fill the drug in glass bottles.

Method of use/Administration: On an auspicious day, worship the drug. Subsequenly, consume it to get relief from various disorders. The drug can be taken with powder of *pippalī* (250 mg.) and honey (3 gm.) or with *pippalī* powder and *ghṛitam* or with only *ghṛitam* or with betel leaves or with sugar or with the juice of ginger.

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Therapeutic benefits: It cures tuberculosis, serious *vātapitta* type of fever, serious *sannipāta*, *arśa*, poblems relsted to *grahaṇī*, *prameha* (i.e. urinary disorders including diabetes), *gulma* and *bhagandara*. It also controls disorders caused due to *vāta* and *kapha doṣas*.

(*Rasendra Sār Sangraha*)

चूडामणिरसः–

द्विनिष्कं रससिन्दूरं तदर्धं हेम जारितम् । निष्कद्वयं गन्धकञ्च मर्दयेच्चित्रकद्रवैः ।।२०२।।
कुमारिकाद्रवैर्यामं छागदुग्धैस्त्रियामकम् । मुक्ताविद्रुमवङ्गानां निष्कं निष्कं विमिश्रयेत् ।।२०३।।
गोलकंपूरयेद्भाण्डेरुद्ध्वा लघुपुटे पचेत् । स्वाङ्गशीतं विचूर्ण्याथ भक्षयेद्रक्तिकाद्वयम् ।।२०४।।
मधुना क्षयरोगघ्नं वातपित्तसमुद्भवम् । अजाघृतञ्चानुपिबेच्छर्करामधुसंयुतम् ।।२०५।।

202-205.Cuḍāmaṇi Rasa:

Ingredients: *Rasa sindūra*, *svarṇa bhasma*, purified *gandhaka*, *citraka* roots, stone of *ghṛitakumārī*, milk of goat, *muktā bhasma*, *pravāla bhasma* and *vanga bhasma*.

Process of Drug-Making: Take *rasa sindūra* in measure of two *niṣkas* (= 8 gm.), *svarṇa bhasma* (4 gm.) and purified *gandhaka* (8 gm.) First of all prepare *kajjalī* out of *rasa sindūra* and *gandhaka* and mix *svarṇa bhasma* into it. Process the preparation through decoction of *citraka* roots for three hours, with the juice of stone of *ghṛitakumārī* for another three hours and with milk of goat for 12 hours. Add to the preparation 4 gm. measure each of the *muktā bhasma*, *pravāla bhasma* and *vanga bhasma*. Churn the preparation thoroughly and prepare a round shaped lump out of it and allow the same to dry. Keep the lump inside an earthen pitcher (or inside a *śarāva saṁpuṭa*) and closely seal the same using a mud smeared piece of cloth. Process the medicinal pot through *laghu puṭa* method of heating. When the process is complete and when the pack cools down to the atmospheric temprature remove the recipe out and make a fine powder out of it.

Method of use/Administration: Take this medicine in doses of 250 mg. along with honey, raw sugar and *ghṛitam* prepared out of goat's milk.

Therapeutic benefits: This medicine is named as *Cuḍāmaṇi Rasa*. It offers an effective treatment for the consumption caused due to disorder in *vāta* and *pitta*.

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मृगाङ्कचूर्णम् (अ.)–

मुक्तां शङ्खं विद्रुमं च वङ्गं तुल्यप्रमाणतः । गृहीत्वा मर्दयेन्निम्बकषायेणातियत्नतः ।।२०६।।
ततो गजपुटेपक्त्वा स्वाङ्गशीतं समुद्धरेत् । पश्चात् सर्वसमा वांशी ग्रहणीया भिषग्वरैः ।।२०७।।
हिङ्गुलं शुद्धमादेयं वांशीषोडशभागकम् । एकत्र खल्ले तत्सर्वं चूर्णनीयं ततः परम् ।।२०८।।
कणाक्षौद्रयुतं तच्च द्विगुञ्जाप्रमितं सदा । दातव्यं कृच्छ्ररोगाणां प्रशमायाप्यशङ्कितैः ।।२०९।।
सेवनादस्यनश्यन्तिकासःश्वासःक्षयस्तथा। राजयक्ष्माज्वरो मेहाः समस्ता आमया द्रुतम् ।।२१०।।
स्वरभेदस्त्रिदोषोत्था अन्येऽपिनिखिला गदाः । एतच्चूर्णं मृगाङ्काह्वं कासामयनिकृन्तनम् ।।२११।।

206-211. Mṛigānka Cūrṇam:

Ingredients: *Muktā bhasma*, *śankha bhasma*, *pravāla bhasma*, *vanga bhasma*, bark of *nimba* tree or its *pañcānga*, *vanśalocana* and purified *hiñgula*.

Process of Drug-Making: Obtain 12 gm. measure each of the *muktā bhasma*, *śankha bhasma*, *pravāla bhasma* and *vanga bhasma* and compound them together into a fine powder. Triturate the powders along with the decoction of bark of *nimba* tree or its *pañcānga*. Mortar the preparation for three hours and dry it. Place the powder inside a *śarāva saṁpuṭa* and cook it through *gaja puṭa* method. After cooking is completed remove out the medicine and prepare fine powder out of it. Take 48 gm. measure of *vanśalocana* powder and 6 gm. measure of purified *hiñgula*. Mix all of them together and compound them thoroughly.

Method of use/Administration: Take this medicine daily in doses of 250 mg. along with equal measure of *pippalī* powder and honey.

Therapeutic benefits: This medicine is helpful in curing one from disease of piles or from difficulty in passing urine. Through use of different *anupāna* this medicine named *Mṛigānka Cūrṇam* can cure bronchitis, breathing troubles, consumption, fever, 20 types of *prameha* (i.e. urinary disorders including diabetes), hoarseness of voice (*svara bhanga*) and the like. This medicine is particularly effective to check *kāsa roga* (cold and coughs).

मृगाङ्कवटीरसः (अ.)–

शिवबीजं गन्धकञ्चलोहंव्योम चटङ्गणम् । त्र्यूषणं त्रिफला चव्यं कणा तालीशपत्रकम् ।।२१२।।
लाक्षा रक्तोत्पलं सर्वमेकीकृत्य विचूर्णितम् । संभावयेद्वासकस्य कषायेण भिषग्वरः ।।२१३।।
वल्लप्रमाणां वटिकां ततो निर्माय यत्नतः । प्रयोजयेद्वटीमेकां रक्तोत्पलरसेन हि ।।२१४।।
उदुम्बरभवेनापि रसेन कणयाऽथवा । क्वाथेन वा वासकस्य रोगा नश्यन्ति निश्चितम् ।।२१५।।
वातपित्तकफोद्भूतस्त्रिदोषप्रभवोऽपि च । वातश्लेष्मभवो वाऽपि पित्तश्लेष्मसमुत्थितः ।।२१६।।
कासः सर्वविधः श्वाससहितो ज्वर एव च । रक्तनिष्ठीवनं दाहो मेहस्तृष्णा वमिर्भ्रमिः ।।२१७।।
कृमिकण्डूप्लीहगुल्मोदरानाहादयो द्रुतम् । एषा मृगाङ्कवटिका बलवर्णाग्निवर्द्धिनी ।।२१८।।

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Mṛigānkavaṭī Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified borax, dried ginger, black pepper, pepper, *triphalā* herbs (*haraḍa*, *vibhītaka*, *āmalakī*), *cavya*, *pippalī*, *tāliśa* leaves, *lākṣā*, red lotus and decoction or juice of *aḍuṣā* (take its *pancāñg*).

Process of Drug-Making: Take 12 gm. measure each of the powders of the following: purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified borax, dried ginger, black pepper, pepper, *triphalā* herbs (*haraḍa*, *vibhītaka*, *āmalakī*), *cavya*, *pippalī*, *tāliśa* leaves, *lākṣā* and red lotus. (As the *pippalī* has been mentioned twice, it is to be taken in doble measure). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it rest of the materials. Saturate this preparation through *bhāvanā* method along with the decoction or juice of *aḍuṣā* (take its *pancāñg*) for three hours. Prepare pills measuring 375 mg. each out of the recipe and dry them. Preserve these pills in a glass container.

Method of use/Administration: One pill should be taken daily along with juice of red lotus flower, powder of *pippalī* and either the juice of *udumbara* or the decoction of *aḍuṣā*. Alternatively one can use the drug with different *anupānas* depending on the vitiated body *doṣa* in question.

Therapeutic benefits: This medicine named *Mṛigānka Vāṭikā* has been noted as great recipe to cure one from all kinds of *kāsa* (caused due to disorder in any of the *doṣas* like *vāta*, *pitta* and *kapha*). It also helps treating fever associated with breathing troubles, *niṣṭhīvana*, burning sensation in hands and feet, *prameha* (i.e. urinary disorders including diabetes), morbid thirst, vomiting, giddiness, indispositions caused due to worms, itching, enlargement of spleen, *gulma*, *ānāha* and problems related to gastro intestinal tract. This medicine promotes the digestive power and develops the luster and strength of the body.

मुक्तापञ्चामृतरसः (यो. र.)–

मुक्ताप्रवालखुरवङ्गककम्बुशुक्तिभूतिं वसूदधिदृगिन्दुसुधांशुभागाम् ।
इक्षो रसेन सुरभेः पयसा विदारीकन्यावरीसुरसहंसपदीरसैश्च ।।२१९।।
संमर्द्य यामयुगलं च वनोपलाभिर्दद्यात्पुटानि मृदुलानि च पञ्च पञ्च ।
पञ्चामृतं रसविभुं भिषजा प्रयुज्य गुञ्जाचतुष्टयमितं चपलारजश्च ।।२२०।।
पात्रे निधाय चिरसूतपयस्विनीनांदुग्धेन च प्रपिबतः खलु चाल्पभोक्तुः ।
जीर्णज्वरः क्षयमियादथ सर्वरोगाःस्वीयानुपानकलिताश्च शमं प्रयान्ति ।।२२१।।

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219-221. Muktā Pañcāmṛita Rasa:

Ingredients: *Muktā bhasma*, *pravāla bhasma*, *vanga bhasma* (*khura*), *śankha bhasma*, *śukti bhasma*, juice of sugarcane, cow milk, juices of *vidārīkanda*, *ghṛitakumārī*, *śatāvarī*, *tulasī* (or *sambhālu*) and *hanspadī* (red variety of *lajjālu*).

Process of Drug-Making: Obtain *muktā bhasma* in eight parts, *pravāla bhasma* in four parts, *vanga bhasma* (*khura*) in two parts and one part each of the *śankha bhasma* and *śukti bhasma*. Combine all of them together and triturate the mixture for six hours in a mortar along with juice of sugarcane. Make a round shaped lump out of the preparation and place the same inside a *śarāva saṁpuṭa*. Process the *saṁpuṭa* through *laghu puṭa* method of heating. Repeat this process using separately the juice of sugarcane, cow milk, juices of *vidārīkanda*, *ghṛitakumārī*, *śatāvarī*, *tulasī* (or *sambhālu*) and *hanspadī* (red variety of *lajjālu*).

Method of use/Administration: Take this medicine in doses of 500 mg. along with powder of *pippalī* seeds. It should be followed by drinking of milk of cow that has an old calf.

Therapeutic benefits: This medicine is very effective in curing chronic diseases and consumption and the like.

(*Yoga Ratnākar*)

लक्ष्मीविलासरसः (यो. र.)–

सुवर्णताराभ्रकताम्रवङ्गत्रिलोहनागामृतमौक्तिकानि ।
एतत्समं योज्य रसस्य भस्म खल्ले कृतं स्यात्कृतकज्जलीकम् ।।२२२।।
सुमर्दयेन्माक्षिकसंप्रयुक्तंतच्छोषयेद् द्वित्रिदिनं च घर्मे ।
तत्कल्कमूषोदरमध्यगामि यत्नात्कृतं तार्क्ष्यपुटेन पक्वम् ।।२२३।।
यामाष्टकं पावकमर्दितं च लक्ष्मीविलासो रसराज एषः ।
क्षये त्रिदोषप्रभवे च पाण्डौ सकामले सर्वसमीरणेषु ।।२२४।।
शोफप्रतिश्यायप्रणष्टवीर्यं मूलाभयं चैव सशूलकुष्ठम् ।
हत्वाऽग्निमान्द्यंक्षयसंनिपातं श्वासंचकासंचहरेत्प्रयुक्तम् ।
तारुण्यलक्ष्मीप्रतिबोधनाय श्रीमद्विलासो रसराज एषः ।।२२५।।

222-225. Lakṣmīvilāsa Rasa:

Ingredients: *Svarṇa bhasma*, *rajata bhasma*, *abhraka bhasma*, *tāmra bhasma*, *vanga bhasma*, *lauha bhasma* (three varieties of the *bhasma* should be taken: *tīkṣana*, *munḍah* and *kānata*), *nāga bhasma*, purified *vatsanābha*, *muktā bhasma*, *pārada bhasma*, honey and *citraka*.

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Process of Drug-Making: Take one part each of the following: *svarṇa bhasma*, *rajata bhasma*, *abhraka bhasma*, *tāmra bhasma*, *vanga bhasma*, *lauha bhasma* (three varieties of the *bhasma* should be taken: *tīkṣana*, *munḍah* and *kanata*), *nāga bhasma*, purified *vatsanābha*, *muktā bhasma* and *pārada bhasma*. Mix them together and compound them into a fine powder. Add to the mix honey and dry the preparation in sun for two or three days. Make lump out of the preparation and close it inside a *mūṣā*. Heat the medicinal *mūṣā* using *kukkuṭa puṭa* method. Thereafter, remove out the medicine and churn it through decoction of *citraka* for one day.

Therapeutic benefits: Consuming this medicine relieves one from consumption, anemia (caused due to any of the *doṣas*), jaundice, *vāta roga*, *pratiśayāya*, loss of sperm, piles, *kuṣṭha* (skin diseases including leprosy), *śūla*, breathing troubles, *kapha* and loss in digestive power. For growing up human being this medicine named *Lakṣmīvilāsa Rasa* is as great as a king is among the human beings.

(*Yoga Ratnākar*)

सर्पिर्गुडः (च. द.)–

बलाविदारी ह्रस्वाचपञ्चमूली पुनर्नवा । पञ्चानां क्षीरिवृक्षाणांशुङ्गा मुष्ट्यंशिकाः पृथक् ।।२२६।।
एषां कषाये द्विक्षीरे विदार्याजरसांशिके । जीवनीयैः पचेत्कल्कैरक्षमात्रैर्घृताढकम् ।।२२७।।
सितोपलानि पूते च सिते द्वात्रिंशदावपेत् । गोधूमपिप्पलीवांशीचूर्णं शृङ्गाटकस्य च ।।२२८।।
समाक्षिकंकौडविकंतत्सर्वं खजमूर्च्छितम् । स्त्यानं सर्पिर्गुडान् कृत्वा भूर्जपत्रेण वेष्टयेत् ।।२२९।।
ताञ्जग्ध्वापलिकान्क्षीरंमद्यं चानुपिबेत् कफे । शोषे कासे क्षतक्षीणे श्रमस्त्रीभारकर्शिते ।।२३०।।
रक्तनिष्ठीवने तापे पीनसे चोरसि क्षते । शस्ताः पार्श्वशिरःशूले भेदे च स्वरवर्णयोः ।।२३१।।
क्वाथ्ये त्रयोदशपले द्रव्याल्पत्वभयाज्जलम् । अष्टगुणं क्वाथसमौ विदार्याजरसौ पृथक् ।
के चिद् यथोक्तक्वाथ्ये तु क्वाथं घृतसमं जगुः ।।२३२।।

226-232. Sarpi Guḍa:

Ingredients: *Balā*, *vidārī*, *hrasavā* (minor) *pañcamūlī* herbs, *punarnavā*, fresh leaves of five varieties of *kṣīrī vṛikṣa* (*udumbar*, banyan, *pippalī*, *madhuka* and *plākṣa*), decoction, milk, juice of *vidārī*, *kalka* of the *jīvanīya* group of herbs, *ghṛitam*, *śitotpala*, powder of *godhūma* (wheat flour), *pippalī* and *vamśī*.

Process of Drug-Making: Decoct 46 gm. each of *balā*, *vidārī*, *hrasavā* (minor) *pañcamūlī* herbs, *punarnavā* and fresh leaves measuring 46 gm. each of the five varieties of *kṣīrī vṛikṣa* (*udumbara*, banyan, *pippalī*, *madhuka* and *plākṣa*). Add to the decoction, milk measuring double of decoction (5.970 litre),

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juice of *vidārī* in equal quantity to the decoction (2.980 litre), *kalka* prepared out of the *jīvanīya* group of herbs measuring 10 gm. each and 2980 gm. of *ghṛitam*. Cook the preparation. After it is thoroughly cooked, add to it 375 gm. of *śitotpala*, 187 gm. each of the powder of *godhūma* (wheat flour), *pippalī*, *vamśī*, *śriṇgāṭaka* and honey, stir the preparation thoroughly. When condensed, shape the same into a bolus form and get it wrapped in *bhūrja patra*.

For the preparation of decoction, eight times of water (i. e. 4992 ml.) should be added to 624 gm. of drugs. Otherwise, the quantity of drugs will be less than what is required. To this, equal quantity of each of the juice of *vidārī* and goat's milk should be added. In the text double the quantity of milk is prescribed. According to some physicians, the quantity of *ghṛitam* should be same as the decoction (and not 3 litres as prescribed above).

Method of use/Administration: 48 gm. of this recipe should be taken and milk, alcoholic drinks or water should follow the intake.

Therapeutic benefits: This cures diseases caused by *kapha*, consumption, *kāsa* (coughs), phthisis, fatigue by excessive sexual intercourse or excessive walk, blood-spitting, fever, injury in the interior of the chest, headache, pain in the interior of the chest, pain in cases of pleurisy, hoarseness of voice and change in complexion.

(Cakradatt)

एलादिमन्थः (घृतम्) च. द.–

एलाऽजमोदामलकाभयाऽक्षगायत्रिनिम्बासनशालसारान् ।
विडङ्गभल्लातकचित्रकांश्च कटुत्रिकाम्भोदसुराष्ट्रिकाश्च ।।२३३।।
पक्त्वा जले तेन पचेत्तु सर्पिस्तस्मिन् सुसिद्धे त्ववतारिते च ।
त्रिंशत्पलान्यत्र सितोपलायादद्यात्तुगाक्षीरि पलानि षट् च ।।२३४।।
प्रस्थे घृतस्य द्विगुणं च दद्यात्क्षौद्रं ततो मन्थहतं विदध्यात् ।
पलं पलं प्रातरतो लिहेच्च पश्चात् पिबेत् क्षीरमतन्द्रितश्च ।।२३५।।
एतद्धि मेध्यं परमं पवित्रंचक्षुष्यमायुष्यतमं तथैव ।
यक्ष्माणमाशु व्यपहन्ति शूलंपाण्ड्वामयं चापि भगन्दरं च ।।
न चात्र किंचित् परिवर्जनीयंरसायनं चैतदुपास्यमानः ।।२३६।।

233-236. Elādi Mantha:

Ingredients: *Elā*, *ajamodā*, *āmalakī*, *abhayā*, *akṣa*, *gāyatri*, *ariṣṭa*, *asana*, *śāla sāra*, *viḍanga*, *bhallātaka*, *citraka*, *tṛikaṭu*, *ambhoda* (*mustā*), *saurāṣṭrika* soil

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(if it is not available use roasted alum pieces), *sitopala*, *tuga kṣīrī*, *ghṛitam* and honey.

Process of Drug-Making: Prepare a decoction out of *elā*, *ajamodā*, *āmalakī*, *abhayā*, *akṣa*, *gāyatri*, *ariṣṭa*, *asana*, *śāla sāra*, *viḍanga*, *bhallātaka*, *citraka*, *ṭrikaṭu* herbs, *ambhoda* (*mustā*) and *saurāṣṭrika* soil (if it is not available use roasted alum pieces) (40 gm. each). Use this decoction in preparing medicated *ghṛitam*. Thus obtain 750 gm. of the medicated *ghṛitam*. When properly cooked, the *ghṛitam* should be removed from the oven and added with 1500 gm. of *sitotpala*, 280 gm. of *tuga kṣīrī*, 750 gm. of *ghṛitam* and 1500 gm.of honey. Thus, the *mantha* is prepared.

Method of use/Administration: 20 gm. to 50 gm. of this *mantha* should be taken every morning followed by warm milk. While taking the medicine one is free to take dishes as per desire.

Therapeutic benefits: This promotes intellect, purity, eyesight and longevity. This rejuvenating recipe instantaneously cures tuberculosis.

(Cakradatt)

पिप्पलीघृतम् (च. द.)–

पिप्पलीगुडसंसिद्धं छागक्षीरयुतं घृतम् । एतदग्निप्रवृद्ध्यर्थं सर्पिश्च क्षयकासिनाम् ।।२३७।।

237. Pippalī Ghṛitam:

Ingredients: *Kalka* of pepper, raw sugar, *mūrcchita ghṛitam*, goat's milk and water.

Process of Drug-Making: Obtain *kalka* of pepper and raw sugar in 125 gm. each, 1 kg. of *mūrcchita ghṛitam*, goat's milk as well as water 4 litre each and boil all of them together thoroughly.

Method of Use/Administration: Dosage: 10 gm. along with milk.

Therapeutic benefits: This *pippalīghṛitam* treats *kāsa* (coughs) as well as phthisis.

(Cakradatt)

निर्गुण्डीघृतम् (च. द.)–

समूलफलपत्रायानिर्गुण्ड्याःस्वरसैर्घृतम् । सिद्धंपीत्वा क्षतक्षीणो निर्व्याधिर्भाति देववत् ।।२३८।।

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238. Nirguṇḍī Ghṛita:

Ingredients: Juice as well as *kalka* of the five limbs (root, bark, fruit, flower and leaves) of *nirguṇḍī* and *mūrcchita ghṛitam.*

Process of Drug-Making: Take the juice as well as *kalka* of the five limbs (root, bark, fruit, flower and leaves) of *nirguṇḍī* and boil them along with water and *mūrcchita ghṛitam.*

Note- Measurement of the ingredients should be as follows: *mūrcchita ghṛitam* (2 litres), *kalka* of the five limbs (root, bark, fruit, flower and leaves) of *nirguṇḍī* (half litre), juice of *nirguṇḍī* (2 litres), water (8 litres).

Method of use/ Administration and Therapeutic benefits: Use of this medicated *ghṛitam* makes the body of user glow like the body the of gods. This is also helpful in treating tuberculosis. Intake of the *ghṛitam* checks phthisis.

(Cakradatt)

बलाद्यं घृतम् (च. द.)–

घृतं बलानागबलार्जुनाम्बुसिद्धं सयष्टीमधुकल्कषादम् ।
हृद्रोगशूलक्षतरक्तपित्तकासानिलासृक् शमयत्युदीर्णम् ।।२३९।।

239. Balādyam Ghṛitam:

Ingredients: Juice as well as the five limbs (root, bark, fruit, flower and leaves) of *nirguṇḍī* and *mūrcchita ghṛitam.*

Process of Drug-Making: It is the medicated *ghṛitam* (1 kg. *mūrcchita*) cooked along with *kalka* of *madhuka* (250 ml.) and decoction of the bark of *arjuna* tree (1335 gm.), *balā* (1335 gm.) and *nāgabalā* (1335 gm.).

Therapeutic benefits: Regular intake of this medicine in doses of 5 gm. to 20 gm. cures one from the diseases of heart, colic pain, *urahakṣata*, *rakta pitta*, gout and *kapha*.

(Cakradatt)

बलाद्यं घृतं द्वितीयम् (च. द.)–

बलां श्वदंष्ट्रां बृहतीं कलसींधावनींस्थिराम् । निम्बं पर्पटकं मुस्तं त्रायमाणां दुरालभाम् ।।२४०।।
कृत्वा कषायंपेष्यार्थंदद्यात् तामलकीं शटीम् । द्राक्षां पुष्करमूलं च मेदामामलकानि च ।।२४१।।
घृतं पयश्च तत्सिद्धं सर्पिर्ज्वरहरं परम् । क्षयकासप्रशमनं शिरःपार्श्वरुजापहम् ।।२४२।।
चरकोदितवासाद्यघृतानन्तरमुक्तितः । वदन्तीह घृतात्क्वाथं पयश्च द्विगुणं पृथक् ।।२४३।।

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240-243.Balādya Ghṛitam (Second Recipe):

Ingredients: *Balā*, *śvadamṣṭra*, *bṛihatī*, *kalasī*, *dhāvanī*, *sthirā*, *nimba*, *paṭolaka*, *mustā*, *trāyamāṇā*, *durālabhā*, *mūrcchita ghṛitam*, milk, *kalka* of *tāmalakī*, *śaṭī*, *drākṣā*, *puṣkaramūla*, *medā* and *āmalakī*.

Process of Drug-Making: Boil *mūrcchita ghṛitam* and milk with the decoction of *balā*, *śvadamṣṭra*, *bṛihatī*, *kalasī*, *dhāvanī*, *sthirā*, *nimba*, *paṭolaka*, *mustā*, *trāyamāṇā* and *durālabhā* along with the *kalka* of *tāmalakī*, *śaṭī*, *drākṣā*, *puṣkaramūla*, *medā* and *āmalakī*.

The text of Caraka refers to this prescription after the recipe of *Vāsādya Ghṛitam*. Therefore, as in the case of *Vāsādya Ghṛitam* the decoction used in this recipe should be double to the amount of the decoction and equal to the amount of milk.

Note: Take *mūrcchita* cow *ghṛitam* measuring two litre, milk measuring four litres, decoction of the above noted herbs measuring two litres, water measuring 16 litres (for decocting the herbs) and *kalka* of the herbs (*tāmalakī*, *śaṭī*, *drākṣā*, *puṣkaramūla*, *medā* and *āmalak*) measuring half litre for the present prescription.

Method of use/Administration: This medicine should be taken in doses of 5 gm. to 10 gm. along with cow milk treated with jaggery.

Therapeutic benefits: The medicated *ghṛitam* thus obtained helps in curing fever, phthisis, *kāsa* (coughs), headache and pain in cases of pleurisy.

(Caraka)

नागबलाघृतम् (च. द.)–

पादशेषे जलद्रोणे पचेन्नागबलातुलाम् । तेन क्वाथेन तुल्यांशं घृतं क्षीरं च साधयेत् ।।२४४।।
पलार्द्धकैश्चातिबला–बलायष्टिपुनर्नवा । प्रपौण्डरीककाश्मर्य–पियालकपिकच्छुभिः ।।२४५।।
अश्वगन्धासिताभीरु–मेदायुग्मत्रिकण्टकैः । मृणालबिसशालूक–शृङ्गाटककशेरुकैः ।।२४६।।
एतन्नागबलासर्पी रक्तपित्तक्षतक्षयम् । हन्ति दाहं भ्रमं तृष्णां बलपुष्टिकरं परम् ।।२४७।।
बल्यमोजस्यमायुष्यं वलीपलितनाशनम् । उपयुञ्जीत यक्ष्मायां वृद्धोऽपि तरुणायते ।।२४८।।

244-248.Nāgabalā Ghṛitam:

Ingredients: *Nāgabalā*, milk, *mūrcchita ghṛitam*, *balā*, *atibalā*, *yaṣṭi*, *punarnavā*, *prapaunḍarīka*, *kāśmarya*, *piyāla*, *kapikacu*, *aśvagandhā*, *sitābhīru*, both types of *medā*, *trikañṭaka*, *mṛiṇāla* (stems and the reed), *śālūka*, *śṛingāṭaka* and *kaṣeruka*.

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Process of Drug-Making: Decoct *nāgabalā* measuring 5 kg. in 13 litrle measure of water until its original quantity is reduced to one fourth. Add to this preparation, equal quantity each of milk and *mūrcchita ghṛitam* (i.e. 3 kg. each), and 20 gm. each of *balā*, *atibalā*, *yaṣṭi*, *punarnavā*, *prapaunḍarīka*, *kāśmarya*, *piyāla*, *kapikacu*, *aśvagandhā*, *sitābhīru*, both types of *medā*, *tṛikañṭaka*, *mṛiṇāla* (stems and the reed), *śālūka*, *śṛīngāṭaka* and *kaṣeruka*. Cook the recipe properly.

Method of use/Administration: The medicine should be taken in doses of 5 gm. to 10 gm.

Therapeutic benefits: This is called *Nāgabalā Ghṛitam*. It cures *rakta pitta*, phthisis, burning syndrome, giddiness and thirst. It promotes strength, nourishment, energy and longevity. It destroys wrinkles in the body and gray hair. By using this recipe for six months even an old person becomes young.

(Cakradatt)

बलागर्भ घृतम्–

द्विपञ्चमूलस्य पचेत्कषाये प्रस्थद्वये मांसरसस्य चैके ।
कल्कं बलायाः सुनियोज्य गर्भसिद्धं पयःप्रस्थयुतं घृतं च ।।२४९।।
सर्वाभिघातोत्थितयक्ष्मशूलक्षतक्षयं कासहरं प्रदिष्टम् ।।२५०।।

249-250. Balāgarbha Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, herbs of the both types of *pañcamūla*, meat soup, *kalka* of the root of *balā* and milk.

Process of Drug-Making: Take 750 gm. of *ghṛitam* and boil it along with 1.500 ml. of the decoction of herbs of both types of *pañcamūla* (i. e. the *laghu pañcamūla* and the *bṛihat pañcamūla* herbs each taken in measure of 75 gm.). Add to the decoction, 750 ml. of meat soup, 200 gm. of *kalka* of the root of *balā*, goat's milk measuring 750 ml., and *mūrcchita ghṛitam* obtained from goat's milk also measuring 750 ml. Boil the recipe including all these ingredients.

Method of use/Administration: The *ghṛitam* should be taken in doses of 5 gm. to 10 gm. along with warm milk.

Therapeutic benefits: This medicated *ghṛitam* cures all types of injuries, tuberculosis, colic pain, phthisis and *kāsa* (coughs).

(Cakradatt)

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पाराशरघृतम्–

यष्टीबलागुडूच्यल्पपञ्चमूलीतुलां पचेत् । शूर्पेऽपामष्टभागस्थे तत्र पात्रं पचेद् घृतम् ।।२५१।।
धात्रीविदारीक्षुरसे त्रिपात्रे पयसोऽर्मणे । सुपिष्टैर्जीवनीयैश्च पाराशरमिदं घृतम् ।।
संसेव्यं राजयक्ष्माणमुन्मूलयति शीलितम् ।।२५२।।

251-252. Pārāśara Ghṛitam:

Ingredients: *Yaṣṭi*, *balā*, *guḍūcī*, herbs of the lesser *pañcamūla* group, *mūrcchita ghṛitam*, juice of *dhātrī*, *vidārī* and sugarcane, milk and *kalka* of herbs belonging to the *jīvanīya* group.

Process of Drug-Making: Raise 5 kg. measure by taking the following herbs in equal amount (i.e. 625 gm. each): *yaṣṭi*, *balā*, *guḍūcī* and herbs of the lesser *pañcamūla* group. Boil the mix in 24 litre of water until its original quantity is reduced to one eighth. To this decoction, add 3 kg. of *mūrcchita ghṛitam*, 3 litre each of the juice of *dhātrī*, *vidārī* and sugarcane along with 12 litre of milk and the *kalka* of herbs belonging to *jīvanīya* group measuring 68 gm. each. Cook the preparation properly and obtain medicated *ghṛitam*.

Method of use/Administration: The medicine should be taken daily in doses of 5 gm. to 10 gm. along with warm milk.

Therapeutic benefits: This *Parāśara Ghṛitam* is a sure cure for tuberculosis and its accompanying soldiers.

(Cakradatt)

अजापञ्चकघृतम्–

छागशकृद्रसमूत्रक्षीरैर्दध्नाचसाधितं सर्पिः । सक्षारं यक्ष्महरं कासश्वासोपशान्तये परमम् ।।२५३।।

253. Ajāpañcaka Ghṛitam:

Ingredients: *Mūrcchita ghṛita*, liquid obtained from the stool of goat, urine of goat, milk of goat, curd prepared out of the milk of goat and *kṣāra* (alkali preparation).

Process of Drug-Making: Cook *mūrcchita ghṛita* (1 kg.) along with the liquid obtained from the stool of goat, urine of goat, milk of goat, curd prepared out of the milk of goat (each measuring one litre) and *kṣāra* (alkali preparation) measuring 100 gm. All the ingredients should be cooked properly.

Method of use/Administration: The recipe should be taken in doses of 5 gm. to 10 gm. daily.

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Therapeutic benefits: The medicine cures tuberculosis, *kāsa* (coughs) and asthma.

(Cakradatt)

छागलाद्यं घृतम्–

छागमांसतुलां गृह्य साधयेन्नल्वणेऽम्भसि । पादशेषेण तेनैव सर्पिःप्रस्थं विपाचयेत् ।।२५४।।
ऋद्धिवृद्धीचमेदेद्वेजीवकर्षभकौतथा । काकोलीक्षीरकाकोलीपृथक्कल्कैःपलोन्मितैः ।।।२५५।।
सम्यक्सिद्धेऽवतार्येतशीतेतस्मिन्प्रदापयेत् । शर्करायाःपलान्यष्टौ मधुनः कुडवं क्षिपेत् ।।२५६।।
पलं पलं पिबेत्प्रातर्यक्ष्माणं हन्ति दुर्जयम् । क्षतक्षतञ्च कासांश्च पार्श्वशूलमरोचकम् ।।२५७।।
स्वरक्षयमुरोरोगं श्वासं हन्यात् सुदारुणम् । बल्यं मांसकरं वृष्यमग्निसन्दीपनं परम् ।।२५८।।

254-258. Cāgalādya Ghṛitam:

Ingredients: Goat's meat, water, *mūrcchita ghṛitam*, *ṛiddhi*, *vṛiddhi*, both varieties of *medā*, *jīvaka*, *ṛiṣabhaka*, *kākolī*, *kṣīrakākolī*, sugar and honey.

Process of Drug-Making: Take 5 kg. of goat's meat and boil it in 13 litre of water until its original quantity is reduced to one fourth. To this, add 750 gm. of *mūrcchita ghṛita* and the *kalka* prepared out of 50 gm. each of the herbs *ṛiddhi*, *vṛiddhi*, both varieties of *medā*, *jīvaka*, *ṛiṣabhaka*, *kākolī* and *kṣīrakākolī*. Cook the preparation properly and subsequently remove it from the oven. Let the preparation cool down to atmospheric temperature. Subsequently, add 375 gm. of sugar and 190 gm. of honey to it.

Method of use/Administration: The medicine should be taken in doses 50 gm. in the morning.

Therapeutic benefits: The drug cures incurable tuberculosis, phthisis, *kāsa* (coughs), pain in cases of pleurisy, anorexia, diminution of voice, diseases of the chest and asthma. It promotes strength, muscle tissue, virility and the power of digestion.

(Cakradatt)

छागलाद्यं घृतं द्वितीयम् (च. द.)–

तोयद्रोणद्वितयेछागलमांसस्यपलशतंपक्त्वा । जलमष्टांशंसुकृतंतस्मिन्विपचेद्घृतंप्रस्थम् ।।२५९।।
कल्केनजीवनीयानांकुडवेनतुमांससर्पिरिदम्।
पित्तानिलंनिहन्यात्तज्जानपिरसकयोजितंपीतम्।।२६०।।
कासश्वासावग्र्यौयक्ष्माणंपार्श्वहृद्रुजांघोराम् । अध्वव्यवायशोषंशमयतिचैवापरं किञ्चित् ।।२६१।।

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259-261. Cāgalādya Ghṛitam (Second Recipe):

Ingredients: Goat's meat, *mūrcchita ghṛita*, *kalka* of drugs belonging to *jīvanīya* group.

Process of Drug-Making: Collect 24 litre of water and boil one 5 kg. of goat's meat into it. Continue to boil it till one eight of the original remains. Add to the preparation 750 gm. of *mūrcchita ghṛita* and the *kalka* of herbs belonging to the *jīvanīya* group (each measuring 17 gm.).

Method of use/Administration: The medicine should be taken in doses of 50 gm. along with soup of goat's meat.

Therapeutic benefits: This *Cāgalādya Ghṛitam* alleviates *pitta* and *vāyu* and cures the diseases caused by these *doṣas*. It cures serious types of *kāsa* (coughs), asthma, tuberculosis, pain in cases of pleurisy, heart disease, consumption caused by excessive walking and excessive sexual intercourse. No other recipe excels such therapeutic effects.

(Cakradatt)

जीवन्त्याद्यं घृतम्–

जीवन्तीं मधुकं द्राक्षां फलानि कुटजस्य च ।शटीपुष्करमूलञ्च व्याघ्रीं गोक्षुरकं बलाम् ।।२६२।।
नीलोत्पलंतामलकींत्रायमाणांदुरालभाम् । पिप्पलीञ्च समं पिष्ट्वा घृतं वैद्यो विपाचयेत् ।।२६३।।
एतद्व्याधिसमूहस्य रोगेशस्य समुत्थितम् । रूपमेकादशविधं सर्पिरग्र्यं व्यपोहति ।।२६४।।

262-264. Jīvantyādya Ghṛitam:

Ingredients: *Mūrcchita ghṛita*, *kalka* of *jīvantī*, *madhuka*, *drākṣā*, fruits of *kuṭaja*, *śaṭī*, *puṣkaramūla*, *vyāghrī*, *gokṣuraka*, *balā*, *nīlotpala*, *tāmalakī*, *trāyamāṇā*, *durālabhā* and *pippalī* and water.

Process of Drug-Making: Boil 1 kg. of *mūrcchita ghṛita* with the *kalka* of 17 gm. each of *jīvantī*, *madhuka*, *drākṣā*, fruits of *kuṭaja*, *śaṭī*, *puṣkaramūla*, *vyāghrī*, *gokṣuraka*, *balā*, *nīlotpala*, *tāmalakī*, *trāyamāṇā*, *durālabhā* and *pippalī*. Use water measuring 4 litre for the preparation.

Method of Use/Administration: Dosage: 10 gm. to 20 gm. along with cow or goat's milk.

Therapeutic benefits: This medicated *ghṛitam* cures tuberculosis accompanied with all its eleven signs and symptoms.

(Caraka)

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अमृतप्राशघृतम्–

जीवकर्षभकौवीरांजीवन्तींनागरंशटीम् । चतस्रःपर्णिनीर्मेदे काकोल्यौ द्वे निदिग्धिकाम् ।।२६५।।
पुनर्नवे द्वे मधुकमात्मगुप्तां शतावरीम् । ऋद्धिं परूषकं भार्गीं मृद्वीकां बृहतीं तथा ।।२६६।।
शृङ्गाटकं तामलकीं पयस्यां पिप्पलीं बलाम् । बदराक्षोटखर्जूरवातामाभिषुकाण्यपि ।।२६७।।
फलानि च तदादीनि कल्कान्कुर्वीतकार्षिकान् । धात्रीरसविदारीक्षुच्छागमांसरसं पयः ।।२६८।।
दत्त्वाप्रस्थोन्मितान्भागान्घृतप्रस्थंविपाचयेत् । प्रस्थार्द्धंमधुनःशीते शर्कराऽर्द्धतुलां तथा ।।२६९।।
पलार्द्धकं च मरिचत्वगेलापत्रकेसरात् । विनीय चूर्णितं तस्माल्लिह्यान्मात्रां सदा नरः ।।२७०।।
अमृतप्राशमित्येतद् नराणाममृतं घृतम् ।।२७१।।
सुरामृतरसप्रख्यं क्षीरमांसरसाशिनाम् । नष्टशुक्रक्षतक्षीण-दुर्बलव्याधिकर्शितान् ।।२७२।।
स्त्रीप्रसक्तान्कृशान्वर्णस्वरहीनांश्च बृंहयेत् । कासहिक्काज्वरश्वासदाहतृष्णाऽस्रपित्तनुत् ।।२७३।।
पुत्रदं वमिमूर्च्छाहृद्योनिमूत्रामयापहम् ।।२७४।।

265-274. Amṛitaprāśa Ghṛitam (First Recipe):

Ingredients: Cow's *mūrcchitaghṛitam*, *jīvaka*, *ṛiṣabhaka*, *mānsī*, *jīvantī*, dried ginger, *śaṭī*, *śāli parṇī*, *pṛiśniparṇī*, *mudgaparṇī*, *māṣaparṇī*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *nidigdhadikā*, white and red varieties of *punarnavā*, *madhuka*, *ātmaguptā*, *śatāvarī*, *vṛiddhi*, *paruṣakam*, *bhārgī*, raisin fruits, *bṛihatī*, *śṛīngāṭaka*, *āmalakī*, *badra* fruit, *akṣota*, date fruits, almond fruits, *abhiṣuka*, juices of *āmalakī*, *vidārīkanda*, jaggery, *marica*, cinnamon bark, lesser cardamom, cassia leaves, *nāgakeśar*, sugarcane, mutton and cow milk and honey.

Process of Drug-Making: Get 750 gm. measure of cow's *mūrcchita ghṛitam*. Obtain *kalka*s of the 12 gm. measure each of the following: *jīvaka*, *ṛiṣabhaka*, *mānsī*, *jīvantī*, dried ginger, *śaṭī*, *śāli parṇī*, *pṛiśniparṇī*, *mudgaparṇī*, *māṣaparṇī*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *nidigdhadikā*, white and red varieties of *punarnavā*, *madhuka*, *ātmaguptā* (seeds), *śatāvarī*, *vṛiddhi*, *paruṣakam*, *bhārgī*, raisin fruits, *bṛihatī*, *śṛīngāṭaka*, *āmalakī*, *badra* fruit, *akṣota*, date fruits, almond fruits and *abhiṣuka*. Also take 750 ml. measure each of the juices of *āmalakī*, *vidārīkanda* and sugarcane, decoction of cooked mutton and cow milk. Decoct all the *kalka*s and liquids narrated above together and subsequently allow the recipe to get cool. Finally add 375 gm. measure of honey and jaggery (2500 gm.) and 23 gm. powders each of *marica*, cinnamon bark, lesser cardamom, cassia leaves and *nāgakeśar* to the preparation. Thus the medicine named *Amṛitā Prāśa Ghṛitam* is prepared.

Therapeutic benefits: This is a great drug for the non-vegetarian individuals. Regular intake of this medicine treats varieties of diseases including *kāsa* (coughs), hiccup, fever, bronchitis, breathing trouble, burning sensation, morbid

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thirst and *rakta pitta*. This medicine equips the user with lost aphrodisiac strength. It provides strength to the patients who has lost his sperms and has become lean and thin and is not happy with his sexual powers. This medicine is also capable to treat indispositions like vomiting, fainting, heartache and diseases of urine and urinary tract.

अमृतप्राशघृतं द्वितीयम्–

क्षीरे चधात्रीमञ्जिष्ठाक्षीरिणां च तथा रसैः । पचेत् समैर्घृतप्रस्थं जीवकर्षभकौ विना ।।२७५।।
जीवनीयैर्गणैर्युक्तैः प्रत्येकं कर्षसंमितैः । द्राक्षाद्विचन्दनोशीरैः शर्करोत्पलपद्मकैः ।।२७६।।
मधूककुसुमानन्ताकाश्मरीतृणसंज्ञकैः । प्रस्थार्द्धं मधुनः शीते शर्कराऽर्द्धतुलां तथा ।।२७७।।
पलार्द्धिकांश्च संचूर्ण्य त्वगेलापत्रकेशरात् । विनीय तत्र संलिह्यान्मात्रां नित्यं सुयन्त्रितः ।।२७८।।
अमृतप्राशमित्येतदश्विभ्यां परिकीर्त्तितम् । क्षीरमांसाशिनां हन्ति रक्तपित्तं क्षतक्षयम् ।।२७९।।
तृष्णाऽरुचिश्वासकासच्छर्दिमूर्च्छाप्रमर्दनम् । मूत्रकृच्छ्रज्वरघ्नं च बल्यं स्त्रीरतिवर्द्धनम् ।।२८०।।

275-280. Amṛitaprāśa Ghṛitam (Second Recipe):

Ingredients: *Mūrcchita* cow *ghṛitam*, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *mudgaparṇī*, *māṣaparṇī*, *jīvantī*, *yaṣṭi*, *drākṣā*, *rakta candana*, *śveta candana*, *uśīra*, sugar, *nīlotpala*, *padmakāṣṭha*, *madhuka* (flowers), *anantamūla*, *gambhārī*, *kuśamūla*, *kāṣamūla*, *śaramūla*, *darbhamūla*, roots of black sugarcane, decoction of *manjiṣṭhā*, water, *vaṭa*, *udumbara*, *pippalī*, *vetra* and *pākara*, cow milk, juice of *āmalakī* fruits, honey, powders of *tvak*, *elā*, *patra* and *keśara*.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring 750 gm. and 12 gm. measure each of *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *mudgaparṇī*, *māṣaparṇī*, *jīvantī*, *yaṣṭi*, *drākṣā*, *rakta candana*, *śveta candana*, *uśīra*, sugar, *nīlotpala*, *padmakāṣṭha*, *madhuka* (flowers), *anantamūla*, *gambhārī*, *kuśamūla*, *kāṣamūla*, *śaramūla*, *darbhamūla* and roots of black sugarcane. Also take decoction of 750 ml. of *manjiṣṭhā*, decoction of 750 ml. measure of combination of equal parts of *vaṭa*, *udumbara*, *pippalī*, *vetra* and *pūkara*. Also obtain 750 ml. each of cow milk and juice of *āmalakī* fruits. Cook all the ingredients together to obtain the medicated *ghṛitam*. When it is cooled down to atmospheric temperature add to it 375 gm. of honey, 2500 gm. of sugar and 23 gm. each of the powders of *tvak*, *elā*, *patra* and *keśara*. This recipe is called *Amṛitaprāśa* and it was propounded by the Aśvins.

Method of Use/Administration: Dosage: 20 gm. to 50 gm.

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Therapeutic benefits: It cures *rakta pitta*, phthisis, thirst, anorexia, asthma, *kāsa* (coughs), vomiting, fainting, dysuria and fever. It promotes strength and aphrodisiac power.

(*Bhāvaprakāśa*)

कुङ्कुमादिघृतम्–

क्षीरकाकोलिकायष्टीमधुकं च निदिग्धिका । दशमूली तुलातुल्यं प्रत्येकं ग्राह्यमुत्तमम् ।।२८१।।
ततःसर्वाणिसंक्षुद्य नीरद्रोणे पृथक् पचेत् । पादावशिष्टैः क्वाथैस्तैर्घृतं कुङ्कुममूर्च्छितम् ।।२८२।।
घृताच्चतुर्गुणं छागक्षीरं दत्त्वा तु पाचयेत् । क्षीरपाककृते चात्र नीरं देयं चतुर्गुणम् ।।२८३।।
लवङ्गं मुस्तकवचाकुङ्कुमं जीवनीयकम् । बला व्योषं पृश्निपर्णी रेणुर्नीलोत्पलं तथा ।।२८४।।
छिन्ना प्रियङ्गुर्वाराहीकन्दकोऽथैलबालुकम् । एलायुग्मं तुगाक्षीरी हवुषा चविका तथा ।।२८५।।
धात्री च मालतीपुष्पं पत्रकं नागकेशरम् । तालीशपत्रं जरणो हयगन्धा यमानिका ।।२८६।।
कर्षोन्मितं तु प्रत्येकं क्षिप्त्वा मृद्वग्निना पचेत् । कासश्वासौ क्षयं हन्ति यक्ष्माणमतिदारुणम् ।।
रक्तपित्तं प्रमेहं च कुङ्कुमाद्यं घृतं परम् ।।२८७।।

281-287. Kumkumādi Ghṛitam:

Ingredients: *Kṣīrakākolī*, *madhuyaṣṭī*, smaller *kañṭakārī*, *daśamūla* herbs (combined), water, *kumkum* treated *mūrcchita* cow *ghṛitam*, goat's milk, clove, *mustā*, *vacā* and *keśara*, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *madhuyaṣṭī*, *māṣaparṇī*, *mudgaparṇī*, *jīvantī*, *balā* (roots), dried ginger, black pepper, pepper, *pṛiśniparṇī*, *reṇukā*, *nīlakamala*, *guḍūcī*, *priyangu*, *vārāhīkanda*, *elavāluka*, smaller cardamom, bigger cardamom, *vanśalocana*, *havuṣā*, *cavya*, *āmalakī*, *mālatī* (flowers), cassia leaves, *nāgakeśara*, *tāliśapatra*, cumin seeds, *aśvagandhā* and caraway seeds.

Process of Drug-Making: Take 4 kg. measure each of the following herbs: *kṣīrakākolī*, *madhuyaṣṭī*, smaller *kañṭakārī* and *daśamūla* herbs (combined). Coarsely powder each of them and decoct them separately in water measuring 12 litres. Decoct the preparations until they are reduced to one fourth of the original quantity. Combine all the decoctions together and *kumkum* (50 gm.) treated *mūrcchita* cow *ghṛitam* measuring 3 kg., goat's milk measuring 12 litre to this *mūrcchita* cow *ghṛitam* and water measuring 12 litre. Also take *kalka*s of clove, *mustā*, *vacā* and *keśara* each measuring 12 gm. and another *kalka* prepared out of the following herbs taken in equal parts (each measuring 12 gm.): *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *madhuyaṣṭī*, *māṣaparṇī*, *mudgaparṇī*, *jīvantī*, *balā* (roots), dried ginger, black pepper, pepper, *pṛiśniparṇī*, *reṇukā*, *nīlakamala*, *guḍūcī*, *priyangu*, *Vārāhīkanda*, *elavāluka*, smaller

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cardamom, bigger cardamom, *vanśalocana*, *havuṣā*, *cavya*, *āmalakī*, *mālatī* (flowers), cassia leaves, *nāgakeśara*, *tāliśapatra*, cumin seeds, *aśvagandhā* and caraway seeds. Properly cook all the ingredients together and obtain the medicated *ghṛitam*.

Method of use/Administration: This recipe is to be taken in doses of 10 gm. to 20 gm. along with warm milk.

Therapeutic benefits: This recipe checks *kāsa* (coughs), bronchitis, consumption, tuberculosis, *raktapitta* and *prameha*.

स्वल्पचन्दनादितैलम्–

चन्दनागुरुतालीशमञ्जिष्ठानखपद्मकाः । मुस्तकञ्च शटी लाक्षा हरिद्रे रक्तचन्दनम् ।।२८८।।
एषां प्रतिपलैश्चूर्णैस्तैलाद्र्धपात्रकं पचेत् । भार्गीरसः कण्टकारी वाट्यालकगुडूचिका ।।२८९।।
एषां पलशतक्वाथे समभागे जडीकृते । पक्त्वा तैलं प्रदातव्यं राजयक्ष्मविनाशनम् ।।२९०।।
कासघ्नं गरदोषघ्नं बलवर्णाग्निवद्र्धनम् । पापालक्ष्मीप्रशमनं ग्रहदोषविनाशनम् ।।२९१।।

288-291.Candanādi Tailam (Minor Variety):

Ingredients: White sandalwood, *tālīśa* leaves, *manjiṣṭhā*, *vyāghranakhī*, *padmaka*, *mustā*, *karcūra*, *lākṣā*, *haridrā*, *dāruharidrā*, red sandalwood, *mūrcchiṭa* sesame oil, *bhārgī*, *kaṇṭakārī*, the roots or the *pañcānga* of *balā* and *guḍūcī*.

Process of Drug-Making: Take 46 gm. each of the following ingredients: white sandalwood, *tālīśa* leaves, *manjiṣṭhā*, *vyāghranakhī*, *padmaka*, *mustā*, *karcūra*, *lākṣā*, *haridrā*, *dāruharidrā* and red sandalwood. Prepare a *kalka* out of them. Take 1500 ml. of the *mūrcchita* sesame oil and 1250 ml. of each of the juice of *bhārgī*, decoction of *kaṇṭakārī*, decoction of the roots or the *pañcānga* of *balā* and decoction or juice of *guḍūcī*. Obtain the medicated oil by methodologically cooking all these ingredients together.

Method of use/Administration: This oil should be used in getting the whole body massaged everyday.

Therapeutic benefits: This corrects tuberculosis, *kāsa* (coughs) and problems of poisoning. It promotes the strength and beauty of the user and eliminates evil thoughts and the like.

चन्दनादितैलम्–

चन्दनाम्बु नखं वाप्ययष्टीशैलेयपद्मकम् । मञ्जिष्ठा सरलं दारु शट्येला पूतिकेशरम् ।।२९२।।
पत्रंशैलं मुरामांसी कक्कोलं वनिताऽम्बुदम् । हरिद्रे शारिवे तिक्ता लवङ्गागुरुकुङ्कुमम् ।।२९३।।

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त्वग्रेणुर्नालुका चैभिस्तैलं मस्तुचतुर्गुणम् । लाक्षारससमं सिद्धं ग्रहघ्नं बलवर्णकृत् ।।२९४।।
अपस्मारज्वरोन्मादकृत्यालक्ष्मीविनाशनम् । आयुःपुष्टिकरञ्चैव वशीकरणमुत्तमम् ।।२९५।।

292-295. Candanādi Tailam (Minor Recipe):

Ingredients: *Candana*, *ambu*, *nakha*, *vāpya*, *yaṣṭi*, *śaileya*, *padmaka*, *manjiṣṭhā*, *sarala*, *dāru*, *śaṭī*, *elā*, *putikeśara*, *patra*, *elā* (bigger variety), *murāmāmsī*, *kankkola*, *vanita*, *ambuda*, both the varieties of *haridrā*, both the varieties of *śārivā*, *tikta*, *lavanga*, *aguru*, *kumkuma*, *tvak*, *reṇu*, *nalikā*, *mūrcchita* sesame oil, juice of *lākṣā* and water of curd or butter milk.

Process of Drug-Making: Prepare a *kalka* by taking 25 gm. each of *candana*, *ambu*, *nakha*, *vāpya*, *yaṣṭi*, *śaileya*, *padmaka*, *manjiṣṭhā*, *sarala*, *dāru*, *śaṭī*, *elā*, *puti keśara*, *patra*, *elā* (bigger variety), *murāmāmsī*, *kankkola*, *vanita*, *ambuda*, both the varieties of *haridrā*, both the varieties of *śārivā*, *tikta*, *lavanga*, *aguru*, *kumkuma*, *tvak*, *reṇu* and *nalikā*. Get 3 litre of the *mūrcchita* sesame oil, juice of *lākṣā* measuring 3 litre along with 12 litre water of curd or butter milk. Cook all of the ingredients together.

Method of Use/Administration: Dosage: 10 ml. to 20 ml.

Therapeutic benefits: This medicated oil cures the evil effects of *grahas*. It controls *apsmāra*, fever, insanity and effects of sorcery. It promotes longevity and nourishment. It is an excellent recipe for *vaśi karaṇa* (means to bring others under one's control).

(Cakradatt)

महाचन्दनादितैलम्–

चन्दनं शालपर्णी च पृश्निपर्णी निदिग्धिका । बृहती गोक्षुरञ्चैव मुद्गपर्णी विदारिका ।।२९६।।
अश्वगन्धा माषपर्णी तथाऽऽमलकमेव च । शिरीषं पद्मकोशीरं सरलं नागकेशरम् ।।२९७।।
प्रसारणी तथा मूर्वाप्रियङ्गूत्पलबालकम् । वाट्यालकं चातिबलामृणालं बिसशालुकम् ।।२९८।।
पञ्चाशत्पलमेतेषां श्वेतवाट्यालकं तथा । जलद्रोणे विपक्तव्यं ग्राह्यं पादावशेषितम् ।।२९९।।
अजाक्षीरं तैलसमं शतमूलीरसाढके । लाक्षारसं काञ्जिकञ्च दधिमस्तु तथैव च ।।३००।।
हरिणच्छागशशकमांसानाञ्चपृथक्पृथक् । चतुःप्रस्थंविनिःक्वाथ्यतैलाढकंविपाचयेत् ।।३०१।।
श्रीखण्डागुरुकक्कोलं नखं शैलेयकेशरम् । पत्रं चोचं मृणालञ्च हरिद्रे शारिवाद्वयम् ।।३०२।।
रक्तोत्पलं नतं कुष्ठं त्रिफला च परूषकम् । मूर्वा च ग्रन्थिपर्णीच नलिका देवदारु च ।।३०३।।
सरलं पद्मकोशीरं धातकी बिल्वपेशिका । रसाञ्जनं गुस्तकञ्च सिह्लकं बालकं वचा ।।३०४।।
मञ्जिष्ठालोध्रमधुरी-जीवनीयं प्रियङ्गुकम् । शट्येला कुङ्कुमञ्चैव खट्टाशी पद्मकेशरम् ।।३०५।।
जातीकोषञ्च रास्ना च विश्वकंसधनीयकम् । पलार्धमेषां प्रत्येकं पेषियत्वा विनिक्षिपेत् ।।३०६।।
महासुगन्धितैलस्य गन्धमत्र प्रदीयते । काश्मीरमदचन्द्रांशु सिद्धे पूते विनिक्षिपेत् ।।३०७।।

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यथालाभं शुभे पात्रे संगोपेन निधापयेत् । वातपित्तहरं वृष्यं धातुपुष्टिकरं परम् ।।३०८।।
हन्ति यक्ष्माणमत्युग्रं रक्तपित्तमुरःक्षतम् ।।३०९।।
येषां भूरिपरिश्रमादनुदिनं नश्यन्ति देहा नृणांये वा कामकलानुकूलतरुणीसङ्गाच्च निर्धातवः ।
येवाव्याधिविशीर्णतामुपगतास्तेषांपरंभेषज । बल्यंवृष्यतमंतनूपचयकृच्श्रीचन्दनाद्यंमहत् ।।३१०।।

296-310. Mahācandanādi Tailam:

Ingredients: Red variety of sandalwood, *śālaparṇī*, *priśniparṇī*, lesser and bigger varieties of *kañṭakārī*, *gokṣura*, *mudgaparṇī*, *vidārīkanda*, *aśvagandhā*, *māṣaparṇī*, *āmalakī*, *śirīṣa* (bark), *padmaka*, *uśīra*, *saral kāṣṭha*, *nāga keśara*, root or *pañcānga* of plant *parsāriṇī*, root or *pañcānga* of plant *mūrvā*, *priyangu*, *nīlakamala*, *sugandhabālā*, root of *balā* and *atibalā*, bulb and branch of lotus flower, *pañcānga* of *balā* plant having white flowers, water, goat's milk, *śatāvarī*, *lākṣā*, buttermilk and *kānji*, meat of deer, goat, rabbit, *mūrcchita* sesame oil, *śveta candana*, *aguru*, *kakkola*, *vyāghranakhī*, *śilārasa*, *nāga keśara*, cassia leaves, cinnamon bark, branch of lotus flower, *haridrā*, *dāru haridrā*, *anantamūla* of black and white varieties, red lotus, *nāta*, *kuṣṭha*, *triphalā*, bark or fruit of *paruṣka* tree, *mūrvā*, *granthi parṇī*, *nalikā*, *devadāru*, *sarala kāṣṭha*, *padamaka*, *uśīra*, *dhātakī*, inner pulp of the stone of unripe *bilva* fruit, *rasāñjana*, *mustaka*, *śilārasa*, *netrabālā*, *vacā*, *manjiṣṭhā*, *lodhra*, aniseeds, herbs of the *jīvanīya* group (like *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *madhuyaṣṭī*, *māṣaparṇī*, *mudgaparṇī* and *jīvantī*), *priyangu*, *śaṭī*, smaller cardamom, *kumkuma*, *khaṭṭaśī*, *padma keśara*, nutmeg (*jātīkoṣa*), *rāsnā*, dried ginger, coriander seeds, *kalkas* of camphor, *kastūrī* and *keśara*.

Process of Drug-Making: Take 100 gm. measure each of the following: red variety of sandalwood, *śālaparṇī*, *priśniparṇī*, lesser and bigger varieties of *kañṭakārī*, *gokṣura*, *mudgaparṇī*, *vidārīkanda*, *aśvagandhā*, *māṣaparṇī*, *āmalakī*, *śirīṣa* (bark), *padmaka*, *uśīra*, *saral kāṣṭha*, *nāga keśara*, root or *pañcānga* of plant *parsāriṇī*, root or *pañcānga* of plant *mūrvā*, *priyangu*, *nīlakamala*, *sugandhabālā*, root of *balā* and *atibalā* and bulb and branch of lotus flower. Also take 2500 gm. measure of the *pañcānga* of *balā* plant having white flowers. Keep all these ingredients into water measuring 24 litre and decoct them together till the recipe is reduced to one fourth of the original quantity. Thereafter, get 3 litre each of the goat's milk, juice of plant *śatāvarī*, juice of *lākṣā*, buttermilk and *kānji*. Also take 3 kg. each of the meat of deer, goat and rabbit. Cook all these fleshes into water measuring 36 litres, till the quantity is reduced to 9 litres only. Add to this *mūrcchita* sesame oil measuring 3 litre and 23 gm. measure *kalkas* of each of the

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following; *śveta candana*, *aguru*, *kakkola*, *vyāghranakhī*, *śilārasa*, *nāga keśara*, cassia leaves, cinnamon bark, branch of lotus flower, *haridrā*, *dāru haridrā*, *anantamūla* of black and white varieties, red lotus, *nata*, *kuṣṭha*, *triphalā*, bark or fruit of *paruṣka* tree, *mūrvā*, *granthiparṇī*, *nalikā*, *devadāru*, *sarala kāṣṭha*, *padamaka*, *uśīra*, *dhātakī*, inner pulp of the stone of unripe *bilva* fruit, *rasāñjana*, *mustaka*, *śilārasa*, *netrabālā*, *vacā*, *manjiṣṭhā*, *lodhra*, aniseeds and herbs of the *jīvanīya* group (like *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *madhuyaṣṭī*, *māṣaparṇī*, *mudgaparṇī* and *jīvantī*), *priyangu*, *śaṭī*, smaller cardamom, *kumakuma*, *khaṭṭaśī*, *padma keśara*, nutmeg (*jātīkoṣa*), *rāsnā*, dried ginger and coriander seeds. Place all these materials referred above in a large metallic pan and add to it *kalka* of the scented herbs and cook them thoroughly. Subsequently strain the medicated oil and add to it *kalka*s of camphor (10 gm.), 5 gm. each of *kastūrī* and *keśara*. Preserve the medicated oil in a safe container.

Method of use/Administration: This oil is used in massaging whole of the body.

Therapeutic benefits: This medicine corrects the disorders of *vāta* and *pitta*. It is a great aphrodisiac *rasāyaṇa* and promotes the capability of all the body organs. It is capable to cure one from the diseases of tuberculosis, *rakta pitta*, *urahkṣata* and the like. The individuals who have become lean and thin due to excessive labour or intercourse with woman should use this. This medicine named *Mahācandanādi Taila* promotes the strength of the body as well as its complexion.

चन्दनबलालाक्षादितैलम् (यो. र.)–

चन्दनं च बलामूलं लाक्षा लामज्जकंतथा । पृथक्पृथक्प्रस्थमितं जलद्रोणें विपाचयेत् ।।३११।।
चतुर्भागावशेषेऽस्मिंस्तैलं प्रस्थद्वयं क्षिपेत् । चन्दनोशीरमधुकं शताह्वा कटुरोहिणी ।।३१२।।
देवदारुनिशाकुष्ठंमञ्जिष्ठाऽगुरुबालकम् । अश्वगन्धा बला दार्वी मूर्वा मुस्ता समूलिका ।।३१३।।
एलात्वङ्नागकुसुमंरास्नालाक्षा सुगन्धिका । चम्पकं पीतसारं च सारिवा रोचकद्वयम् ।।३१४।।
कल्कैरेतैः समायुक्तं क्षीराढकसमन्वितम् । तैलमभ्यञ्जने श्रेष्ठं सप्तधातुविवर्द्धनम् ।।३१५।।
श्वासकासक्षयहरं सर्वच्छर्दिनिवारणम् । असृग्दरं रक्तपित्तं हन्ति पित्त-कफामयम् ।।३१६।।
कान्तिकृद्दाहशमनं कण्डूविस्फोटनाशनम् । शिरोरोगं नेत्रदाहमङ्गदाहं च नाशयेत् ।।३१७।।
वातामयहतानां च क्षीणानां क्षीणरेतसाम् । बालमध्यमवृद्धानां शस्यते शोफकामले ।।
पाण्डुरोगे विशेषेण सर्वज्वरविनाशनम् ।।३१८।।

311-318. Candanabalā Lākṣādi Tailam:

Ingredients: Sandalwood, roots of plant *balā*, *lākṣā*, *lāmajjāka*, water, milk, white sandalwood, *uśīra*, *madhuka*, *śaṭāhvā*, *kaṭukī*, *devadāru*, *haridrā*, *kuṣṭha*,

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manjiṣṭhā, *agara*, *netrabālā*, *aśvagandhā*, *balā*, *dāruharidrā*, *mūrvā*, *mustā*, radish, cardamom, cinnamon bark, *nāgakeśara*, *rāsnā*, *lākṣā*, *ajamodā*, *campaka*, *śilārasa*, *śārivā*, *viḍa*, rock salts and *mūrcchita* sesame oil.

Process of Drug-Making: Take 750 gm. measure each of sandalwood, roots of plant *balā*, *lākṣā* and *lāmajjāka* and cook them together in water measuring 12 litre till it is reduced to one quarter. Treat this decoction with the below prescribed *kalka* and 3 litre measure of milk along with 1.5 litre of *mūrcchita* sesame oil. The *kalka* in question should be prepared by taking equal parts (i.e. 12 gm each) of the following: white sandalwood, *uśīra*, *madhuka*, *śatāhavā*, *kaṭukī*, *devadāru*, *haridrā*, *kuṣṭha*, *manjiṣṭhā*, *agara*, *netrabālā*, *aśvagandhā*, *balā*, *dāruharidrā*, *mūrvā*, *mustā*, radish, cardamom, cinnamon bark, *nāgakeśara*, *rāsnā*, *lākṣā*, *ajamodā*, *campaka*, *śilārasa*, *śārivā*, *viḍa* and rock salts. See that combined weight of these ingredients is equal to k1.5 litre. Cook them together and methodologically.

Method of use/Administration: This medicinal oil should be used in massaging.

Therapeutic benefits: It promotes the strength of the vital organs of the body and cures one of such diseases as bronchitis, *kāsa* (coughs), tuberculosis, vomiting, menstrual disorder, burning sensation, *kaṇḍu*, *visphoṭaka*, head diseases, burning sensation in eyes and the like. This is a great medicine for *vāta roga* also. It is helpful for the young, youth and old. It can also effectively treat consumption, anemia and jaundice. This is particularly effective in treating all kinds of fevers.

(*Yoga Ratnākar*)

यक्ष्मरोगे पथ्यानि (प. प.)–

मद्यानि जाङ्गलं पक्षिमृगमांसं विशुष्यताम् । मुद्गषष्टिकगोधूमयवशाल्यादयो हिताः ।।३१९।।
दोषाधिकस्य बलिनो मृदुशुद्धिरादौगोधूममुद्गचणकारुणशालयश्च ।
छागादिमांसनवनीतपयोघृतानिक्रव्यादमांसमपि जाङ्गलजा रसाश्च ।।३२०।।
मार्त्तण्डचण्डकिरणैः परिशोषितानिलेह्यान्यपक्वपललानि सुचूर्णितानि ।
रागाः सकाम्बलिकषाडववेशवाराभक्ष्याः शशाङ्ककिरणा मधुरो रसश्च ।।३२१।।
पक्वानि मोचपनसाम्रफलानि धात्रीखर्जूरपौष्करपरूषकनारिकेलम् ।
शोभाञ्जनं च कुलकं नवतालशस्यंद्राक्षाफलानि मिशयोऽपि च माणिमन्थम् ।।३२२।।
सिंहास्यपत्रमपि गोमहिषीघृतं च छागाश्रयश्च तदवस्करमूत्रलेपः ।
मत्स्यण्डिका शिखरिणी मदिरा रसाला कर्पूरकं भृगमदः सितचन्दनं च ।।३२३।।
अभ्यञ्जनानि सुरभीण्यनुलेपनानि स्नानानि वेशरचनान्यवगाहनानि ।
हर्म्यं स्रजः स्मरकथा मृदुगन्धवाहो गीतानि नृत्यमपि चन्द्ररुचो विपञ्ची ।।३२४।।

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संदर्शनं मृगदृशामपि हेमचूर्णं मुक्तामणिग्रचुरभूषणधारणं च ।
होमः प्रदानममरद्विजपूजनानि हृद्यान्नपानमपि पथ्यगणः क्षयेषु ।।३२५।।

319-325. Eating of the meats of animals and birds, the pulse of *mudga* (kidney beans), red variety of rice, wheat, barley is helpful for patients of tuberculosis. If the patient is well built, he should be administered with the *virecana* (purgation) therapy. The patient should be served with the following edibles: wheat, *mudga*, gram, mutton, milk of goat and its butter as well as *ghṛita*, meat of *kravyādya* (carnivorous) animals, meat of wild animals, dust of unbaked meats dried in sharp sun, *kāmblika*, *rāga ṣaḍava* and *veśavāra*. The moon light is helpful for the patient. He should stay in a place where goat's are tied. He should apply on his body *kalka* prepare out of urine and droppings of goat. He should also coat his body with sandalwood and other aromatic herbs. He should also bath with water treated with the aromatic herbs. The patient should wear good quality of clothes and jewelry. He should stay in palaces. He should sport garland of flowers. He should listen to as well as indulge in erotic discussions. He should also listen to instrumental music. He should stare at beautiful women. Helpful edibles for him also include banana fruits, jackfruit and mango, *āmalakī*, date fruits, *kamala kanda*, *paruṣka*, coconut, drum sticks, *kāga tindu*, palm fruits, raisin, aniseeds, rock salt, leaves of *aḍuṣā*, *ghṛita* prepared out of cow and buffalo milk, raw sugar and sweet dish called *śikharīṇī*. The patient should offer sacrifices and donations to priests and Gods. Cardiac drinks and foods are also prescribed for the patients of tuberculosis.

यक्ष्मरोगेऽपथ्यानि–

विरेचनं वेगविधारणानि–श्रमं स्त्रियं स्वेदनमञ्जनं च ।
प्रजागरं साहसकर्मसेवा–रूक्षान्नपानं विषमाशनं च ।।३२६।।
ताम्बूलकालिन्दकुलत्थमाषरसोनवंशाङ्कुररामठानि ।
अम्लानि तिक्तानि कषायकाणि कटूनि सर्वाणि च पत्रशाकम् ।।३२७।।
क्षारान् विरुद्धान्यशनानि शिम्बी कर्कोटकं चापि विदाहि सर्वम् ।
कठिल्लकं कृष्णमपि क्षयेषु विवर्जयेत्संततमप्रमत्तः ।।३२८।।
वृन्ताकंकारवेल्लंचतैलंबिल्वंराजिकाम् । व्यायामं च दिवानिद्रां क्षयी कोपं विवर्जयेत् ।।३२९।।

326-329. The eatables and avoidable in the case of tuberculosis:

Avoidable activities: suppression of calls of nature; hard labour, intercourse, sweating, waking in night hours, application of *añjana*, eating tasteless meals, taking meals in odd hours, getting angry, performing hard exercises and the like.

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Avoidable eatables: eating melons, *kulattha*, *māṣa*, garlic bulbs, asafoetida, shoots of bamboo, *urada* pulse, brinjal, bitter gourd, *bilva* fruit, etc.

इति भैषज्यरत्नावल्यां राजयक्ष्मचिकित्सा प्रकरणम् ।।१४।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां राजयक्ष्मचिकित्साप्रकरणम् ।।१४।।

End of the Chapter 14 of Bhaiṣajya Ratnāvalīwith Commentary

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अथ कासचिकित्साप्रकरणम् १५

Chapter 15
Kāsa (Coughs and bronchitis)

वातजकासे पथ्यानि–

वास्तुकं वायसीशाकं मूलकं सुनिषण्णकम् । स्नेहास्तैलादयो भक्ष्याः क्षीरेक्षुरसगौडिकाः ।।१।।
दध्यारनालाम्लफलं प्रसन्नापानमेव च । शस्यते वातकासे तु स्वाद्वम्ललवणानि च ।।२।।
ग्राम्यानूपौदकैः शालियवगोधूमषष्टिकान् । रसैर्माषात्मगुप्तानां यूषैर्वा भोजयेद्धितान् ।।३।।

1-3. Diet and drinks for *Vātika Kāsa*: *Vāstuka*, *vāyasi*, *mūlaka*, *suniṣaṇṇaka*, unctuous substance like oil, milk, sugar cane juice, preparations of *guḍa*, curd, *aranāla* and sour fruits, *prasannā* type of alcoholic drink and others which are either sweet, sour or saline in taste are useful for a patient having *vātika* type of *kāsa* (coughs). These items should be used along with soup of the meat of domesticated, marshy and aquatic animals.

अपराजितलेहः–

शटीशृङ्गीकणाभार्गी गुडवारिदयासकैः । सतैलैर्वातकासघ्नो लेहोऽयमपराजितः ।।४।।

4. *Aparājitā Leha:*

Ingredients: *Śatī*, *śṛīngī*, pepper, *bhāragi*, raw sugar, *mustā* and *yavāsaka*.

Process of Drug-Making: Take 5 gm. each of *śaṭī*, *śṛīngī*, pepper, *bhārgī*, raw sugar, *mustā* and *yavāsaka* and powder them finely.

Method of use/Administration: Take this preparation in doses of 5 gm. along with 5 gm. of jaggery and 5 ml. of sesame oil.

Therapeutic benefits: This medicine helps in *kāsa* (coughs) caused by *vāta* disorder. This is called *Aparājitā Leha*.

(Cakradatt)

भार्ग्यादिलेहः (च. द.)–

भार्गीद्राक्षाशटीशृङ्गीपिप्पलीविश्वभेषजैः । गुडतैलयुतो लेहो हितो मारुतकासिनाम् ।।५।।

5. *Bhārgyādi Leha:*

Ingredients: *Bhārgī*, grape, *śaṭī* (*karcūra*), *śṛīngī* (*karkaṭaśṛīngī*), pepper and dried ginger.

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Process of Drug-Making: Take 5 gm. each of *bhārgī*, grape, *śaṭī* (*karcūra*), *śṛīngī* (*karkaṭaśṛīngī*), pepper along with dried ginger and grind them properly into a powder.

Method of use/Administration: This *Bhārgyādi Leha* should be licked in doses of 5 gm. with 5 gm. old raw sugar and 5 ml. of mustard oil.

Therapeutic benefits: The confection is useful for patients suffering from *vātika* type of *kāsa* (coughs).

(Cakradatt)

पञ्चमूलीक्वाथः (च. द.)–

पञ्चमूलीकृतः क्वाथः पिप्पलीचूर्णसंयुतः । रसान्नमश्नतो नित्यं वातकासमुदस्यति ।।६।।

6. Pañcamūlī Kvātha:

Ingredients: *Bṛihat pañcamūla* [(that are the roots of 1. *bilva* 2. *śyoṇāka*, 3. *gambhārī*, 4. *pāṭala* and 5. *araṇī* (premna Integri-folia)] and water

Process of Drug-Making: Take 250 gm. each of *bṛihat pañcamūla* [(that are the roots of 1. *bilva* 2. *śyoṇāka*, 3. *gambhārī*, 4. *pāṭala* and 5. *araṇī* (premna Integri-folia)] and 6 litre of water. Decoct them all together so long as the original quantity is reduced to one fourth. The decoction should be then strained through cloth.

Method of use/Administration: This decoction should be used in doses of 50 ml. along with 1 gm. of pepper powder.

Therapeutic benefits: The decoction is useful for patients suffering from *kāsa* (coughs) caused due to disorder in *vāta*.

(Cakradatt)

पैत्तिककासचिकित्सा–

पित्तकासे तनुकफे त्रिवृतां मधुरैर्युताम् । दद्याद्घनकफे तिक्तैर्विरेकार्थं युतां भिषक् ।।७।।

7. If the *paittika* type of *kāsa* is associated with aggravated *kapha*, then the patient should be given *virecana* (purgation) therapy with *tṛivṛit* mixed with honey. If the *kapha* is thick then bitter drugs should be added to the *virecana* (purgation) therapy.

(Cakradatt)

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पैत्तिककासे पथ्यम्–

मधुरैर्जाङ्गलरसैः श्यामाकयवकोद्रवाः । मुद्गादियूषैः शाकैश्च तित्तकैर्मात्रया हिता ।।८।।

8. Intake of the soup of the meat of animals dwelling in arid land, sweet eatables, *śyāmaka*, *yava*, *kodravā*, soup of *mudga*, etc. and vegetables having bitter taste in appropriate quantity is useful for a patient suffering from *paittika* type of *kāsa*.

(Cakradatt)

द्राक्षादिलेहः–

द्राक्षामधुकखर्जूरं पिप्पलीमरिचान्वितम् । पित्तकासहरं ह्येतल्लिह्यान्माक्षिकसर्पिषा ।।९।।

9. Drākṣādi Leha:

Take the mixture of the powders of grape, *madhuka*, date, pepper and black pepper all in equal parts with honey or *ghṛitam* to cure *kāsa* (caused due to disorder in *pitta*).

Dosage: 5 gm. to 10 gm. along with 5 gm. of honey and 10 gm. of cow *ghṛitam*.

(Cakradatt)

बलादिकषायः (च. द.)–

बलाद्विबृहतीवासाद्राक्षाभिः क्वथित जलम् । पित्तकासापहं पेयं शर्करामधुयोजितम् ।।१०।।

10. Balādi Kāṣāya:

Ingredients: Roots of *balā* both of the small and long *bṛihatī* (*kañṭakārī*), *vāsaka* and grape.

Process of Drug-Making: Take equal parts of the roots of *balā* both of the small and long *bṛihatī* (*kañṭakārī*), *vāsaka* and grape. Coarsely powder them and raise 50 gm. of their combined weight. Boil them in water so long as the decoction is reduced to one-forth of the original amount.

Method of use/Administration: This preparation is to be taken along with honey (10 gm.) and raw sugar (10 gm).

Therapeutic benefits: Intake of the decoction cures *paittika* type of *kāsa*.

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खर्जूरादिलेहः (च. द.)–

खर्जूरपिप्पलीद्राक्षासितालाजाः समांशिकाः । मधुसर्पिर्युतो लेहः पित्तकासहरः परः ।।११।।

11. Kharjūrādi Leha:

Ingredients: Date, powder of pepper, grape, *śita* and *lājā* (roasted grains of paddy).

Process of Drug-Making: Obtain equal parts (5 gm. each) of date, powder of pepper, grape, *śita* and *lājā* (roasted grains of paddy).

Method of use/ Administration: Take this mixture with honey and *ghṛitam* (10 gm.).

Therapeutic benefits: The confection is an excellent recipe for the cure of *paittika* type of *kāsa*.

(Cakradatt)

कफजकासचिकित्साक्रमः–

बलिनं वमनेनादौ शोधितं कफकासिनम् । यवान्नैः कटुरूक्षोष्णैः कासघ्नैश्चाप्युपाचरेत् ।।१२।।

12. To a patient suffering from *śleṣmika* type of *kāsa* (coughs) and having strength, *vamana* (emetic) therapy should be administered in the beginning for cleansing his body. Thereafter, he should be given pungent, unctuous and hot eatables (like barley) which alleviates *kapha*.

(Cakradatt)

दशमूलक्वाथः–

पार्श्वशूले ज्वरे श्वासे कासे श्लेष्मसमुद्भवे । पिप्पलीचूर्णसंयुक्तं दशमूलीरसं पिबेत् ।।१३।।

13. Daśamūla Kvātha:

Ingredients: *Daśamūla* and *pippalī*.

Process of Drug-Making: Take equal parts of the *daśamūla* herbs and *pippalī*. Coarsely powder them and raise 50 gm. of their combined weight. Boil them in water measuring eight times greater (400 ml.) so long as the decoction is reduced to one-eighth of the original amount.

Method of use/ Administration: Take this decoction along with 1 gm. of pepper powder.

Therapeutic benefits: The confection is an excellent recipe for the cure of *kaphaja* type of *kāsa*, fever, bronchitis and pleurisy.

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पञ्चकोलक्षीरम् (च. द.)–

पञ्चकोलैः शृतं क्षीरं कफघ्नं लघु शस्यते । श्वासकासज्वरहरं बलवर्णाग्निवर्द्धनम् ।।१४।।

14. Pañcakolakṣīram:

Milk (500 ml.) treated with *pañcamūla* (*pippalī*, *pippalīmūla*, *cavya*, *citraka* and dried ginger) (each taken in measure of 5 gm.) and 500 ml. water is very helpful in providing relief from asthma, *kāsa* (coughs) and fever. It also provides strength, luster and increases digestive power.

(Cakradatt)

पौष्करादिक्वाथः (च. द.)–

पौष्करं कट्फलं भार्गी पिप्पलीविश्वसाधितम् । पिबेत्क्वाथः कफोद्रेके कासे श्वासे च हृद्ग्रहे ।।१५।।

15. Pauṣkarādi Kvātha:

Intake of the decoction of *puṣkara*, *kaṭphala*, *bhārgī*, *viśvā* and *pippalī* cures *kāsa* (coughs), asthma and stiffness in cardiac region (*hṛidgraha*) caused by the aggravated *kapha*.

(Cakradatt)

शृङ्गवेरस्वरसः–

स्वरसं शृङ्गवेरस्य माक्षिकेन समन्वितम् । पाययेच्छ्वासकासघ्नं प्रतिश्यायकफापहम् ।।१६।।

16. Śṛingavera Svarasa:

Intake of the juice of *śṛīngavera* (5-10 ml.) mixed with honey cures asthma, *kāsa* (coughs) and chronic cold. It also alleviates *kapha*.

(Cakradatt)

कण्टकारीक्वाथः–

कण्टकारीकृतः क्वाथः सकृष्णः सर्वकासहा ।।१७।।

17.Kaṇṭakārī Kvātha:

The decoction of *kaṇṭakārī* taken with the powder of pepper cures all kind of *kāsa* (coughs).

(Cakradatt)

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विभीतकप्रयोगः कासे–

बिभीतकं घृताभ्यक्तं गोशकृत्परिवेष्टितम् । स्विन्नमग्नौ हरेत्कासं ध्रुवमास्यविधारितम् ।।१८।।

18-21. Take *vibhītaka* fruits smeared with *ghṛitam*. Wrap the fruits in cow dung and cook them in fire. Sucking these fruits in mouth would certainly helps in curing *kāsa* (coughs).

(Cakradatt)

कट्फलादिक्वाथः (च. द.)–

कट्फलंकत्तृणंभार्ङ्गीमुस्तंधान्यं वचाऽभया । शृङ्गी पर्पटकं शुण्ठी सुराह्वा च जले शृतम् ।।१९।।
मधुहिङ्गुयुतं पेयं कासे वातकफात्मके । कण्ठरोगेषु मुख्येषु श्वासहिक्काज्वरेषु च ।।२०।।

19-20. Kaṭphalādi Kvātha:

Ingredients: *Kaṭphala*, *kartṛin*, *bhārgī*, *mustā*, coriander seeds, *vacā*, *haraḍa*, *parpaṭakam*, dried ginger, *śṛīngī*, *devadāru* and water.

Process of Drug-Making: This is a decoction-based formula involving all the herbs in equal parts. Coarsely powder all the ingredients and thus raise 25 mg. of their compound. Decoct the compound along with water measuring 200 ml. Continue decocting till it is reduced to $^1/_8$.

Method of use/Administration: This decoction should be taken with honey (10 gm.) and roasted asafoetida powder (500 mg.).

Therapeutic benefits: This decoction cures *kāsa* (coughs) caused by *vāyu* and *kapha*, diseases of the throat, pain in the mouth, asthma, hiccup and fever.

(Cakradatt)

वासकस्वरसः–

वासकस्वरसः पेयो मधुयुक्तो हिताशिना । पित्तश्लेष्मकृते कासे रक्तपित्ते विशेषतः ।।२१।।

21. Vāsaka Svarasa:

The juice of *vāsaka* leaves (30-50 ml.) should be taken with honey (30-50 ml.) to cure *kāsa* (coughs) caused by disorder in *pitta* and *kapha doṣas*.

(Cakradatt)

कणामधूपेतो वासकस्वरसः–

वासायाःस्वरसंपूतं कणामाक्षिकसंयुतम् । अभ्यासान्मुच्यते पीत्वाऽप्यसाध्यात्कासरोगतः ।।२२।।

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22. The juice of *vāsaka* leaves (30-50 ml.) can also be taken with the powder of pepper (3-5 gm.) and honey (30-50 ml.) to make a more effective preparation to check cough.

(Cakradatt)

चित्रकमूलकादिक्वाथः–

समूलं चित्रकञ्चैव पिप्पलीचूर्णकं हरेत् । कासं श्वासञ्च हिक्काञ्च मधुयुक्तं न संशयः ।।२३।।

23. Citrakamūlakādi Kvātha:

Ingredients: *Citraka* and *pippalī*.

Process of Drug-Making: Coarsely powder the roots of *citraka*. Decoct the powder along with water measuring 200 ml. Continue decocting till it is reduced to $^1/_8$.

Method of Use/Administration: Take this decoction in doses of 50 ml. along with 25 gm. of honey and 5 gm. of *pippalī* powder.

Therapeutic Benefits: It cures *kāsa* and related indispositions.

क्रव्यादकुलिङ्गमांसभक्षणोपदेशः–

तद्वत्क्रव्यादजमांसं कौलिङ्गं मांसमेव च । असाध्यान्मुच्यते भुक्त्वा कासादभ्यासयोगतः ।।२४।।

24. Consuming meat of carnivorous animals and meat of *caṭaka* provides relief from serious *kāsa* disorder.

मुस्तकादिलेहः क्षयकासे–

मुस्तकं पिप्पली द्राक्षा सम्पक्वं बृहतीफलम् । घृतक्षौद्रयुतो लेहः क्षयकासनिबर्हणः ।।२५।।

25. The powders of *mustā*, small pepper, grape and long *kañṭakārī's* ripe and dried flowers (100 gm. each) should be taken with *ghṛitam* (5 gm.) and honey (10 gm.).

तिन्तिडीपत्रक्वाथः–

तिन्तिडीपत्रजः क्वाथो हिङ्गुसैन्धवसंयुतः । दुष्टकासं जयत्याशु तृणवृन्दमिवानलः ।।२६।।

26. Tintiḍipatra Kvātha:

The decoction of the leaves of tamarind (50 ml.) should be taken with asafoetida powder (measuring 250 mg.) fried in *ghṛitam* and powder of rock-salt (measuring 1-2 gm.). This *Tintiḍidipatra* decoction is very effective in curing bronchial *kāsa* (coughs).

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पञ्चमूलीक्वाथः (अ.)–

निहन्ति कासंगुरुपञ्चमूलीकृतः कषायश्च कणासहायः ।।२७।।

27. Pañcamūlī Kvātha:

Ingredients: *Bṛihat Pañcamūla* i. e. roots of the following five trees :*bilva*, *śyoṇāka*, (oroxyhem ladicum), *gambhārī* (gmelina aroborea), *pāṭala* (stereospermum suaveolens) and *araṇī* (Premna Integrifolia).

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder them and boil them in water (four times greater) so long as the decoction is reduced to one-forth of the original amount

Method of use/Administration: It should be taken with the powder of pepper.

कण्टकार्यादिक्वाथः (भा. प्र.)–

कण्टकारीयुगद्राक्षावासाकर्चूरबालकैः । नागरेण च पिप्पल्या क्वथितं सलिलं पिबेत् ।
शर्करामधुसंयुक्तं पित्तकासापहं परम् ।।२८।।

28. Kanṭakāryādi Kvātha:

Ingredients: Small and long types of *kañṭakārī*, raisin, *vāsaka*, *karcūra*, *sugandhabālā*, dried ginger and pepper.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder each of them and decoct their compound in water measuring four times greater. Decoction should continue till it is reduced to one fourth of its original quantity.

Method of use/Administration: It should be taken with raw sugar and honey.

Therapeutic benefits: This decoction checks *kāsa* with expectoration caused due to disordred *pitta*.

(*Bhāvaprakāśa*)

पिप्पल्यादिक्वाथः (भा. प्र.)–

पिप्पली कट्फलंशुण्ठीशृङ्गीभार्गीतथोषणम् । कारवीकण्टकारीच सिन्दुवारो यमानिका ।।२९।।
चित्रको वासकश्चैषां कषायं विधिवत्कृतम् । कफकासविनाशाय पिबेत् कृष्णारजोयुतम् ।।३०।।

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29-30. Pippalyādi Kvātha:

Ingredients: Pepper, *kaṭphala*, dried, ginger, *śṛīngī*, *bhārgī*, black pepper, white cumin seeds, *kañṭakārī*, *sinduvāra*, caraway, *citraka* and *vāsaka's* leaf or its bark.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts (i.e. 100 gm. each). Coarsely powder each of them and decoct their compound in water measuring eight times greater. Decoction should continue till it is reduced to one eighth of its original quantity.

Method of use/Administration: One should take this decoction after sprinkling pepper over it.

Therapeutic benefits: It checks *kāsa* of *kapha* type.

(*Bhāvaprakāśa*)

मरिचाद्यं चूर्णम्–

कर्षःकर्षार्द्धमथोपलंपलद्वयंतथाऽर्द्धकर्षश्च । मरिचस्यपिप्पलीनां दाडिमगुडयावशूकानाम् ।।३१।।
सर्वौषधैरसाध्या ये कासाःसर्ववैद्यविनिर्मुक्ताः । अपि पूयं छर्दयतां तेषामिदमौषधं पथ्यम् ।।३२।।

31-32. Maricādya Cūrṇam:

Ingredients: *Marica*, *pippalī*, *dāḍima*, *guḍa* and *yava śuka*.

Process of Drug-Making: This is a powder-based formula. Obtain *marica* (12 gm.), *pippalī* (6 gm.), *dāḍima* (46 gm.), *guḍa* (95 gm) and *yava śuka*(6 gm.).

Method of Use/Administeration: Dosage: 1-2 gm. along with warm water.

Therapeutic benefits: It cures patients of *kāsa* (coughs) who are not amenable to all other medicines and who are rejected by other expert physicians. This recipe also cures even those patients who vomit out pus and blood.

(Cakradatt)

समशर्करचूर्णम्–

लवङ्गजातीफलपिप्पलीनांभागान् प्रकल्प्याक्षसमानमेषाम् ।
पलार्द्ध मेकं मरिचस्य दद्यात् पलानि चत्वारि महौषधस्य ।।३३।।
सितासमं चूर्णमिदं प्रसह्य रोगानिमानाशु बलान्निहन्यात् ।
कासज्वरारोचकमेहगुल्मश्वासाग्निमान्द्यग्रहणीप्रदोपान् ।।३४।।

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33-34. Sama Śarkara Cūrṇam:

Ingredients: Clove, nutmeg, pepper, black pepper, dried ginger and raw sugar made from the dates.

Process of Drug-Making: Obtain 12 gm. each of clove, nutmeg and pepper, 23 gm. of black pepper, 187 gm. of dried ginger and 256 gm. of raw sugar made from the dates. Grind and powder them all together properly in stone-mortar.

Method of use/Administration: 2-3 gm. of this preparation should be taken with honey, daily.

Therapeutic benefits: This *Sama Śarkara* powder checks *kāsa*, *jvara*, anorexia, *prameha* (urinary disorders including dibetes), *gulma*, bronchial *kāsa* (coughs), loss of appetite and sprue (*grahaṇī*) and the like.

(Cakradatt)

लवङ्गादिवटी (वै. जी.)–

तुल्या लवङ्गमरिचाक्षफलत्वचः स्युःसर्वैः समो निगदितः खदिरस्य सारः ।
बब्बूलवृक्षजकषाययुतं च चूर्णं कासान्निहन्ति गुटिका घटिकाऽष्टकान्ते ।।३५।।

35. Lavangādi Vaṭī:

Ingredients: Clove, black pepper, epicarp of the fruit of *vībhītaka*, catechu and latex of the *babbūla* tree (acacia).

Process of Drug-Making: Take 50 gm. each of clove, black pepper and the bark of the fruit of baterica and 150 gm. of catechu and triturate them together into the latex of the *babbūla* tree (acacia) till the herbs gets saturated. Prepare pills measuring 250 mg. each out of this preparation.

Method of use/Administration: Suck the pills as per requirements.

(*Vaidya Jīvan*)

तालीशादि चूर्णं मोदकञ्च–

तालीशपप्रं मरिचं नागरं पिप्पली शुभा । यथोत्तरं भागवृद्ध्या त्वगेले चार्द्धभागिके ।।३६।।
पिप्पल्यष्टगुणा चात्र प्रदेया सितशर्करा । कासश्वासारुचिहरं तच्चूर्णं दीपनं परम् ।।३७।।
हत्पाण्डुग्रहणीरोगप्लीहशोथज्वरापहम् । छर्द्यतीसारशूलघ्नं मूढवातानुलोमनम् ।।३८।।
कल्पयेद्गुडिकाश्चैतच्चूर्णपक्त्वासितोपलाम् । गुडिका ह्यग्निसंयोगाच्चूर्णाल्लघुतरा स्मृता ।।३९।।
पैत्तिके ग्राहयन्त्येके शुभया वंशलोचनाम् । विशेषणं हि पिप्पल्या अन्यत्र पैत्तिकाच्छुभा ।।४०।।

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36-40. Tālīśādi Cūrṇa or Modaka:

Ingredients: *Tāliśapatra*, black pepper, dried ginger, *pippalī*, *vanśalocana*, bark of cinnamon, smaller cardamom and churned raw sugar.

Process of Drug-Making: Take ingredients in the following measures: *tāliśapatra* (12 gm.), black pepper (24 gm.), dried ginger (36 gm.), *pippalī* (48 gm.), *vanśalocana* (60 gm.), bark of cinnamon (6 gm.), smaller cardamom (6 gm.) and churned raw sugar (384 gm. i.e. eight times of *pippalī*). Obtain fine powder of all these materials and fill it in a bottle.

Prepare thick syrup of raw sugar along with water and mix rest of the above mentioned ingredients into it. Triturate this mixture properly. Form round shaped lumps out of the preparation in measures of 4 gm. each. Cook these lumps in fire. It is found that lumps cooked in fire are in comparision to the powder, easier to digest. Some people believe that when using in treatment of *kāsa* (coughs) this medicine (either in powder form or in lumps) caused due to *pitta*, one should understand the meaning of *śubhā* as *vanśalocana* and in cases other than *pitta*, the same should be understood as *pippalī* and not as *vanśalocana*.

Therapeutic benefits: This compound cures disorders like *kāsa* (coughs), asthma, anorexia, *hṛidroga*, *pāṇḍu*, vitiated *grahaṇī*, enlargement of spleen, *śotha*, fever, vomiting, *atisāra*, *śūla* and belching. It also increases digestive power.

तालीशाद्यं चूर्णम् (द्वितीयम्)–

तालीशंत्र्यूषणंशृङ्गी क्षुद्रैलाऽक्षश्च वैणवी । सर्वाणि समभागानि श्लक्ष्णचूर्णानि कारयेत् ।।४१।।
खादेदस्मात्प्रतिदिनं माषार्द्धं मधुना सह । कासं श्वासं रक्तपित्तं हन्ति सर्वान् गलामयान् ।।४२।।

41-42. Tālīśādi Cūrṇa or Modaka (Second Recipe):

Ingredients: *Tāliśapatra*, dried ginger, black pepper, *pippalī*, *karkaṭaśṛīngī*, smaller cardamom, bark of *vibhītaka* fruit and *vanśalocana*.

Process of Drug-Making: Take all the ingredients in measure of 12 gm. each. Churn all of them separately, filter them and fill them in one bottle.

Method of use/Administration: Consume this medicine along with honey (500 mg.).

Therapeutic benefits: This medicine cures disorders like *kāsa* (coughs), asthma, *rakta pitta* and throat problems.

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कासान्तकचूर्णम् (धन्व.)–

त्रिफलाव्योषचूर्णं च समभागं प्रकल्पयेत् । मधुना सह पानात्तु दुष्टकासं नियच्छति ।।४३।।

43. Kāsantaka Cūrṇam:

Take the powders of *tṛiphalā* (*āmalakī*, *haraḍa* and *vibhītaka*), dried ginger, pepper and black pepper and mix them. Lick this mixture with honey. This medicine checks severe types of the *kāsa* (coughs).

मनःशिलादिधूमः (च. द.)–

मनःशिलाऽऽलमरिचमांसीमुस्तेङ्गुदैः पिबेत् । धूमं त्र्यहञ्च तस्यानु सगुडञ्च पयः पिबेत् ।।४४।।
एष कासान् पृथग्द्वन्द्वसर्वदोषसमुद्भवान् । शतैरपि प्रयोगाणां साधयेदग्रसाधितान् ।।४५।।

44-45. *Manahśilādi Dhūma:*

Ingredients: Purified *manahśilā*, purified *haritāla*, black pepper, *jaṭāmānsī*, *mustaka* and fruit of *iñgudi*.

Process of Drug-Making: Take all the ingredients in equal parts. Mix them thoroughly.

Method of use/Administration: Put this mixture into a smoking pipe and smoke it like a tobacco. After smoking this medicine drink milk, mixed with raw sugar. The smoking should be used for three times per day.

Therapeutic benefits: This *Manahśilādi* smoking cures all kinds of bronchial coughs and related ailments. This cures *kāsa* (coughs) produced by one individual *doṣa*, two *doṣas* and all the three *doṣas* simultaneously vitiated. This medicine cures patients of *kāsa* who are not cured even by hundreds of other recipes.

(Cakradatt)

मनःशिलालिप्तबदरीपत्रधूमः (च. द.)–

मनःशिलालिप्तदलं बदर्या उपशोषितम् । सक्षीरं धूमपानञ्च महाकारानिबर्हणम् ।।४६।।

46. Take leaves of *badara* and smear them with *manahśilā*. Dry these leaves under sun. Use these dried leaves for smoke therapy and the patient should take milk after the therapy. This cures acute attacks of *kāsa*.

(Cakradatt)

अर्कादिधूमः (च. द.)–

अर्कच्छल्लशिलेतुल्येततोऽर्द्धेनकटुत्रिकम् । चूर्णितं वह्निनिक्षिप्तं पिबेद् धूमं तु योगवित् ।।४७।।
भक्षयेदथताम्बूलंपिबेद् दुग्धमथाम्बु वा । कासाः पञ्चविधा यान्ति शान्तिमाशु न संशयः ।।४८।।

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47-48. Arkādi Dhūma:

Ingredients: Root of *arka*, *manahśilā* and *tṛikaṭu*.

Process of Drug-Making: Obtain root of *arka* (12 gm.), *manahśilā* (12 gm.) and *tṛikaṭu* (6 gm. of each) and ground them into a powder.

Method of use/Administration: Place the powder on fire and allow the patient to inhale the smoke that comes out of the burning powder. Subsequently, the patient should take betel leaf followed by milk or water.

Therapeutic benefits: This undoubtedly cures all the five types of *kāsa*.

(Cakradatt)

मरिचादिधूमः–

मरिचशिलार्कक्षीरैरार्कीत्वचमाशुभावितांशुष्काम्। कृत्वाविधिनाधूमंपिबतकासाःशमंयान्ति ।।४९।।

49. Maricādi Dhūma:

Ingredients: Powder of black pepper, *manahśilā*, bark of the roots of *arka* as well as the latex of *arka*.

Process of Drug-Making: Obtain the powder of black pepper, *manahśilā* and the bark of the roots of *arka* in equal parts and process them together through *bhāvanā* method using the latex of *arka*. Dry the recipe and keep it in a glass bottle.

Therapeutic benefits: This *Maricādi Dhūma* is to be taken to cure *kāsa* (coughs). Use of the smoke of this recipe cures different types of *kāsa*.

कासान्तको रसः–

सूतं गन्धं विषञ्चैव शालपर्णी च धान्यकम् । यावन्त्येतानि चूर्णानि तावन्मात्रं मरीचकम् ।।
गुञ्जाचतुष्टयं खादेन्मधुना कासशान्तये ।।५०।।

50. Kāsānataka Rasa:

Ingredients: Purified mercury, sulphur, *vatsanābha*, *śālaparṇī*, coriander seeds and black pepper.

Process of Drug-Making: Obtain all the ingredients in one part each (i.e. 25 gm. each) and mix them with five parts (i.e. 125 gm.) of black pepper. Prepare the *kajjalī* out of the mercury and sulphur. Assimilate this *kajjalī* into the above preparation.

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Method of use/Administration: Take this recipe in doses of 500 mg. along with honey.

(*Rasendra Sār Sangraha*)

कासकुठारो रसः–

हिङ्गुलं मरिचं गन्धं सव्योषं टङ्गणं तथा । द्विगुञ्जामार्द्रकद्रावैः सन्निपातं सुदारुणम् ।।
कासं नानाविधं हन्ति शिरोरोगं सुदुःसहम् ।।५१।।

51. Kāsa Kuṭhāra Rasa:

Ingredients: Purified *hiñgula*, black pepper, purified sulphur, dried ginger, pepper and purified borax.

Process of Drug-Making: Take purified *hiñgula* black pepper, purified sulphur, dried ginger, pepper and purified borax in equal parts. First of all, prepare *kajjalī* of the sulphur and *hiñgula* and mix rest of the herbs into it using a hand mortar.

Method of use/Administration: This *Kāsa Kuṭhāra Rasa* should be taken with the juice of ginger and honey.

Therapeutic benefits: This medicine is helpful in *sannipātta*, head-diseases and different types of *kāsa* as well.

(*Rasendra Sār Sangraha*)

पित्तकासान्तको रसः–

भस्म ताम्राभ्रकान्तानां कासमर्दत्वचो रसैः । मुनिजैर्वेतसाम्लैश्च दिनं मर्द्यं सुपिण्डितम् ।।५२।।
निष्कार्द्धं पित्तकासार्त्तो भक्षयेच्चदिनत्रयम् । कासश्वासाग्निमान्द्यञ्चक्षयञ्चापि निहन्त्यलम् ।।५३।।

52-53. Pittakāsāntaka Rasa:

Ingredients: *Bhasmas* of copper, mica, iron, juices of leaves of *kāsamarda*, *agastya* flowers and *āmalavetra*.

Process of Drug-Making: Obtain the *bhasmas* of copper, mica and iron in equal parts and process them in hand mortar through juices of leaves of *kāsamarda*, *agastya* flowers and *āmalavetra* successive days.

Method of use/Administration: A small amount of this preparation should be taken in morning hours.

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Therapeutic benefits: This *Pittakāsāntaka Rasa* cures one suffering from *kāsa* caused through disorder in *pitta doṣa*. It is also helpful in other types of *kāsa*, bronchitis, loss of appetite as well as consumption.

(*Rasendra Sār Sangraha*)

पुरन्दरवटी (र. सा. सं.)–

सूतकाद् द्विगुणं गन्धमेकधा कज्जलीकृतम् । त्रिकटुत्रिफलाचूर्णं प्रत्येकं सूतसंमितम् ।।५४।।
अजक्षीरेण संभाव्य वटिकां कारयेत्ततः । आर्द्रकस्य रसैः सेव्या शीतं तोयं पिबेदनु ।।५५।।
कासश्वासप्रशमनी विशेषादग्निवर्द्धनी । इयं यदि सदा सेव्या तदा स्याद्योगवाहिका ।।५६।।
वृद्धोऽपि तरुणः शक्तः स्त्रीशतेषु वृषायते ।।५७।।

54-57. Purandara Vaṭī:

Ingredients: Mercury, sulphur, *trikaṭū* herbs and the *triphalā* herbs and goat's milk.

Process of Drug-Making: Prepare *kajjalī* of mercury in one part and sulphur in two parts. Obtain one part each of *trikaṭū* herbs as well as the *triphalā* herbs and powder them thoroughly. Process all these materials through *bhāvanā* method with goat's milk and prepare small pills out of that.

Method of use/Administration: Take these pills with the juice of ginger and subsequently drink cold water.

Therapeutic benefits: This *Purandara* Pills helps in curing *kāsa* and bronchitis. It also promotes digestive powers. Regular use of this pill helps in many indispositions and it provides great aphrodisiac power.

(*Rasendra Sār Sangraha*)

पञ्चामृतरसः–

शुद्धसूतस्य भागैकं भागौ द्वौ गन्धकस्य च । भागद्वयं मृतं ताम्रं मरिचं दशभागिकम् ।।५८।।
मृताभ्रस्य चतुर्भागं भागमेकं विषं क्षिपेत् । अम्लेन मर्दयेत्सर्वं माषैकं वातकासनुत् ।।
अनुपानं लिहेत्क्षौद्रैर्बिभीतकफलत्वचम् ।।५९।।

58-59. Pañcāmṛita Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, powder of black pepper, *abhraka bhasma*, purified *vatsanābha viṣa*, juice or decoction of any herb of *amlavarga* or *kānji*.

Process of Drug-Making: Take the ingredients in the following measures: purified *pārada* (10 gm.), purified *gandhaka* (20 gm.), *tāmra bhasma* (20 gm.),

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powder of black pepper (100 gm.), *abhraka bhasma* (40 gm.) and purified *vatsanābha viṣa* (10 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka*. Obtain juice or decoction of any herb of *amlavarga* or *kānji*. Mix rest of the ingredients in *kajjalī* and mortar the mixture for three hours. Prepare pills measuring 125-250 mg. each, dry them and preserve the medicine in a bottle.

Method of use/Administration: This medicine is called *Pañcāmṛita Rasa* and it should be consumed in doses of two pills every day along with honey and powder of the bark of *vibhītaka* fruit (1 gm.).

Therapeutic benefits: This medicine provides relief from *kāsa* caused due to *vāta*.

अमृतार्णवरसः–

पारदं गन्धकं शुद्धं मृतलौहञ्च टङ्गणम् । रास्ना विडङ्गं त्रिफला देवदारु कटुत्रिकम् ।।६०।।
अमृता पद्मकं क्षौद्रं विषञ्चापि विचूर्णयेत् । द्विगुञ्जं वातकासार्त्तः सेवयेदमृतार्णवम् ।।६१।।

60-61. Amṛitārṇava Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tañkaṇa*, *rāsnā*, *viḍanga*, *tṛiphalā* herbs, *devadāru*, *kaṭu traya*, *amṛitā*, *padmaka*, *viṣa* and honey.

Process of Drug-Making: Obtain 20 gm. each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tañkaṇa*, *rāsnā*, *viḍanga*, *tṛiphalā* herbs, *deva dāru*, *kaṭu traya*, *amṛitā*, *padmaka* and *viṣa*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and add to it powders of the rest. Mortar these ingredients together into a fine powder. Triturate the mix along with honey. Prepare pills measuring 250 mg. each.

Method of use/ Administration and Therapeutic benefits: Consume this medicine in doses of one pill every day to get cure from *kāsa* caused by vitiated *vāta*.

(*Rasendra Sār Sangraha*)

चन्द्रामृतो रसः–

त्रिकटु त्रिफला चव्यं धान्यजीरकसैन्धवम् । प्रत्येकं तोलकं ग्राह्यं छागीक्षारेण गोलयेत् ।।६२।।
रसगन्धकलोहानां प्रत्येकं कार्षिकं शुभम् । टङ्गणस्य पलं दत्त्वा मरिचस्य पलार्द्धकम् ।।६३।।
नवगुञ्जाप्रमाणेन वटिकां कारयेद्भिषक् । प्रातःकाले शुचिर्भूत्वा चिन्तयित्वाऽमृतेश्वरीम् ।।६४।।
एकैकां वटिकां खादेद्रक्तोत्पलरसप्लुताम् । नीलोत्पलरसेनापि कुलत्थस्य रसेन वा ।।६५।।
पिप्पल्या मधुना वाऽपि शृङ्गबेररसेन वा । हन्ति पञ्चविधं कासं वातपित्तसमुद्भवम् ।।६६।।

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वातश्लेष्मोद्भवं दोषं पित्तश्लेष्मोद्भवं तथा । वातिकं पैत्तिकञ्चापि नानादोषसमुद्भवम् ।।६७।।
रक्तनिष्ठीवनञ्चापि ज्वरं श्वाससमन्वितम् । तृष्णां दाहं भ्रमं हन्ति जठराग्निप्रदीपनः ।।६८।।
बलवर्णकरो ह्येष प्लीहगुल्मोदरापहः । आनाह-क्रिमिहृत् पाण्डु-जीर्णज्वर-विनाशनः ।।६९।।
अयं चन्द्रामृतो नाम चन्द्रनाथेन निर्मितः । वासा गुडूची भार्गी च मुस्तकं कण्टकारिका ।
सेवनान्ते प्रकर्त्तव्यो रसोऽयं वीर्यवर्धनः ।।७०।।

62-70. Candrāmṛita Rasa:

Ingredients: Powder of purified borax, powder of black pepper, powders of dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *cavya*, coriander seeds, white cumin seeds, rock salt, purified *pārada*, purified *gandhaka*, *lauha bhasma* and goat's milk.

Process of Drug-Making: Take powder of purified borax (40 gm.) and powder of black pepper (20 mg.). Also take powder measuring 10 gm. each of the following materials: dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *cavya*, coriander seeds, white cumin seeds, rock salt, purified *pārada*, purified *gandhaka* and *lauha bhasma*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients to it. Mortar the mixture with goat's milk for three hours. Prepare pills measuring 1125 mg. each, dry them and fill them in glass bottle.

Method of use/Administration: Before consuming this medicine one should finish all his toiletry and bathroom chores. Chant *Amṛiteśvarī Bhagavatī* hymns and consume one pill of the medicine taking as per the *doṣa* in context, any of the following as *anupāna*: along with juices of red lotus, *nilotpala*, ginger, honey and *yūṣa* of *kulattha* treated with the powder of *pippalī*.

Take mixture of *aḍuṣā*, *guḍūcī*, *bhārgī*, *mustaka* and *kaṅṭakārī* in equal parts totaling to 24 gm. and churn in 384 ml. of water. Churn this mixture till 96 ml. of the total quantity is left. After consuming *Candrāmṛita Rasa* drink this mixture to get quick and high results.

Therapeutic benefits: This medicine is known as *Candrāmṛita Rasa*. It cures fives types of *kāsa*, disorders of *vāta*, *pitta* and *kapha doṣas*, morbid thirst, burning sensation in hands and legs, fever with breathing troubles, *niṣṭhīvana* and *bhramaroga* etc. This medicine increases digestive power, strength and luster. It also cures *gulma*, problems related to gastro intestinal tract, *ānāha*, worm diseases, *hṛidroga*, *pāṇḍu*, *jīrṇa jvara* and enlargement of spleen. This medicine has been prepared by Āchārya Chandranātha.

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श्रीडामरानन्दाभ्रम्–

अभ्रस्यामलमारितस्य तुपलं क्षुद्राटरूषस्थिराबिल्वश्योणकपाटलाकलसिकाः सब्रह्मयष्ट्यार्द्रकाः ।।
चित्रग्रन्थिकगोक्षुरंसचविकंमार्गात्मगुप्तान्वितम्।सत्त्वैर्मदितमेकशश्चपलिकैर्गुञ्जार्द्धकंभक्षितम्।।७१।।
कासं पञ्चविधं स्वरामयमुरोघातं च हिक्कां ज्वरंश्वासं पीनसमेहगुल्ममरुचि यक्ष्माम्लपित्तक्षयम् ।।
दाहंमोहमशेषदोषजनितंशूलंबलासंकृमिंछर्दिं पाण्डुहलीमकं गलगदं विस्फोटकं कामलाम् ।।७२।।
मन्दाग्निंग्रहणींक्षयञ्चयकृतंप्लीहानमर्शांसि षड्हन्यादामकफोद्भवानपि गदाञ् श्रीडामराख्याभ्रकम् ।।
बल्यं वृष्यमशेषदोषहरणंधातुप्रदं कासिनांमेध्यं हृद्यरसायनं हरमुखाज्ज्ञात्वा मया भाषितम् ।।७३।।

71-73.Śrīḍāmarānanda Abhrahma:

Ingredients: Properly *abhraka bhasma*, smaller *kañṭakārī*, *aḍuṣā*, *śālaparṇī* (*sthirā*), bark of *bilva*, bark of *śyoṇāka*, *pāṭala*, *priśniparṇī*, *bhārgī*, ginger, root of *citraka*, *pippalīmūla*, *gokṣura*, *cavya*, *apāmārga* and pure seeds of *ātmaguptā*.

Process of Drug-Making: Put properly purified 50 gm. measure of *abhraka bhasma* in mortar. Take 50 ml. measure of juice and equal measure of the decoction or *svarasa* each of the following materials: smaller *kañṭakārī*, *aḍuṣā*, *śālaparṇī* (*sthirā*), bark of *bilva*, bark of *śyoṇāka*, *pāṭala*, *priśniparṇī*, *bhārgī*, ginger, root of *citraka*, *pippalīmūla*, *gokṣura*, *cavya*, *apāmārga* and pure seeds of *ātmaguptā*. Mortar *abhraka bhasma* with juice or decoction each of this material separately for six hours each. After properly mortaring, dry the compound and fill it in glass bottle. This medicine is called as *Ḍāmarānanda Abhraka*.

Method of use/Administration: Consume this medicine daily in doses of 125 mg.

Therapeutic benefits: This medicine, if given in different *anupānas*, can cure five types of *kāsa*, *svara bhanga*, *urahkṣata*, fever with hiccups, asthma, *pīnas prameha*, *gulma*, anorexia, tuberculosis, *āmlapitta*, loss of the *dhātu* (vital constituents of the body), burning sensation in hands, shoulders and legs, *sannipātika* fainting, all types of *śūla*, disorders of *kapha*, worm diseases, vomiting, *pāṇḍu*, *halīmaka*, throat diseases, *visphoṭaka*, jaundice, *mandāgni*, *sangrahaṇī*, *kṣaya*, *grahaṇījanyakṣaya* disease (*āntrakṣaya*), *yakradvṛiddhi* (enlargement of liver), *plīhāvṛiddhi* (enlargement of spleen), six types of *arśa* and *āmadoṣa*, and disorders of *kapha*. It provides aphrodisiac power, increases memory power, strengthens the vital body constituents (*dhātus*) and is good for heart. Śrī Ḍāmarānand says that he acquired knowledge about this recipe from God Śiva for the welfare of mankind.

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महाकालेश्वरो रसः–

मृतं लौहं मृतं वङ्गं मृतार्कं मृतमभ्रकम् । शुद्धसूतञ्च गन्धञ्च माक्षिकं हिङ्गुलं विषम् ।।७४।।
जातीफलं लवङ्गञ्च त्वगेलानागकेसरम् । उन्मत्तस्य च बीजानि जयपालञ्च शोधितम् ।।७५।।
एतानि समभागानि मरिचं हरनेत्रकम् । सर्वद्रव्यं क्षिपेत्खल्ले लौहदण्डेन मर्दयेत् ।।७६।।
शक्राशनस्य स्वरसैर्भावयेदेकविंशतिम् । गुञ्जामात्रा प्रदातव्या आर्द्रकस्य रसैर्युता ।।७७।।
तदर्द्धं बालवृद्धेषु पथ्यं देयं यथोचितम् । पञ्च कासान् क्षयं श्वासं राजयक्ष्माणमेव च ।।७८।।
सन्निपातं कण्ठरोगमभिन्यासमचेतनम् । महाकालेश्वरो हन्ति कालनाथेन भाषितः ।।७९।।

74-79.Mahākāleśvara Rasa:

Ingredients: *Lauha bhasma*, *vanga bhasma*, *tāmra bhasma*, purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, purified *hiñgula*, purified *vatasanābha viṣa*, *jātīphala*, clove, bark of cinnamon, smaller cardamom, *nāga keśara*, pure seeds of *dhatturā*, pure *jātīphala*, powder of black pepper and juice *vijayā*.

Process of Drug-Making: Take powder in measurement of 50 gm. each of the following materials: *lauha bhasma*, *vanga bhasma*, *tāmra bhasma*, purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, purified *hiñgula*, purified *vatasanābha viṣa*, *jātīphala*, clove, bark of cinnamon, smaller cardamom, *nāga keśara*, pure seeds of *dhatturā*, pure *jātīphala* and 100 gm. powder of black pepper. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients. Churn all these ingredients and treat this compound with juice of *vijayā* for 21 times. Churn and store the compound.

Method of use/Administration: This medicine is known as *Mahākāleśvara Rasa* and it should be consumed in doses of 125 mg. each along with juice of ginger and honey. For children and elderly people the dosage should be in measure of 62 mg.

Therapeutic benefits: This medicine cures five types of *kāsa*, tuberculosis, asthma, *sannipāta*, throat disorders, *abhinyāsa jvara* and fainting. *Mahākaleśvara Rasa* has been prepared by Kālanāth.

विजयभैरवो रसः–

सूतकं गन्धकं लौहं विषमभ्रकतालकम् । विडङ्गं रेणुकं मुस्तमेलाग्रन्थिककेसरम् ।।८०।।
त्रिकटु त्रिफला चित्रं शुद्धं जैपालबीजकम् । एतानि समभागानि गुडं द्विगुणमुच्यते ।।८१।।
तिन्तिडीबीजमानेन प्रातःकाले तु भक्षयेत् । कासं श्वासं क्षयं गुल्मं प्रमेहं विषमज्वरम् ।।८२।।
अजीर्णं ग्रहणीदोषं हन्ति पाण्ड्वामयं तथा । अपाने हृदये शूले वातरोगे गलग्रहे ।।
ब्रह्मणा निर्मितो ह्येष रसो विजयभैरवः ।।८३।।

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80-83. Vijayābhairavo Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, purified *vatsanābha viṣa*, *abhraka bhasma*, purified *haritāla bhasma*, *vāyaviḍanga*, *hareṇukā*, *mustaka*, smaller cardamom, *pippalīmūla*, *nāga keśara*, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *citraka*, pure seed of *jātīphala*, raw sugar (jaggery) and water.

Process of Drug-Making: Take powder of the following ingredients in measurement of 25 gm. each: purified *pārada*, purified *gandhaka*, *lauha bhasma*, purified *vatsanābha viṣa*, *abhraka bhasma*, purified *haritāla bhasma*, *vāyaviḍanga*, *hareṇukā*, *mustaka*, smaller cardamom, *pippalīmūla*, *nāga keśara*, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *citraka*, pure seed of *jātīphala* along with raw sugar (jaggery) measuring 1 kg. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials. Churn all the materials along with water and prepare pills similar to the size of tamarind seeds (modern dosage 250 mg.). Dry these pills properly.

Method of use/Administration: Consume one pill every day in the morning.

Therapeutic benefits: This medicine cures disorders such as *kāsa* (coughs), asthma, *kṣaya*, *gulma*, *prameha* (i.e. urinary disorders including diabetes), *viṣam jvara*, *ajīrna*, vitiated *grahaṇī*, *pāṇḍu*, disordered *apāna vāyu*, heart diseases, diseases of *vāta* and congestion in throat. This medicine has been prepared by Brahmā and known as *Vijayābhairava Rasa*.

कासंहारभैरवो रसः–

रसगन्धकताम्रं च शङ्खटङ्गणलौहकम् । मरिचं कुष्ठतालीशजातीफललवङ्गकम् ।।८४।।
कार्षिकं चूर्णमादाय दण्डेनामर्द्य भावयेत् । भेकपर्णी केशराजो निर्गुण्डी काकमाचिका ।।८५।।
द्रोणपुष्पी शालपर्णी ग्रीष्मसुन्दर एव च । भार्गी हरीतकी वासा कार्षिकैः पत्रजै रसैः ।।८६।।
वटिकां कारयेद्वैद्यो पञ्चगुञ्जाप्रमाणतः । वातजं पित्तजं कासं द्वन्द्वजं चिरकालजम् ।।८७।।
निहन्ति नात्र सन्देहो भास्करस्तिमिरं यथा । श्रीमद्गहननाथेन कास-संहार-भैरवः ।।८८।।
रसोऽयं निर्मितो यत्लाल्लोकरक्षणहेतवे । वासाशुण्ठीकण्टकारीक्वाथेन पाययेद् बुधः ।।८९।।
कासं नानाविधं हन्ति श्वासमुग्रमरोचकम् । बलवर्णकरः श्रीदः पुष्टिदो वह्निदीपनः ।।९०।।

84-90. Kāsasanhāra Bhairava Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *śankha bhasma*, purified borax, *lauha bhasma*, black pepper, *kuṣṭha*, *tāliśapatra*, *jātīphala*, clove, decoctions of leaves and *mūlādi pañcānga* of *manḍukaparṇī*,

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keśarāja (black *bhṛingarāja*), *nirgunḍī*, *kākamācī*, *droṇapuṣpī* (*guma*), *śālaparṇī*, *gṛīṣmasundara* (*gima ghas*), *bhārgī*, *harītakī* and *aḍuṣā*.

Process of Drug-Making: Take powder of the following materials in measurement of 12 gm. each: purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *śankha bhasma*, purified borax, *lauha bhasma*, black pepper, *kuṣṭha*, *tāliśapatra*, *jātīphala* and clove. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and add rest of the materials to it. Obtain 12 gm. measure of decoctions of the *pañcānga* of each of the *manḍukaparṇī*, *keśarāja* (black *bhṛingarāja*), *nirgunḍī*, *kākamācī*, *droṇapuṣpī* (*guma*), *śālaparṇī*, *gṛīṣmasundara*, *bhārgī*, *harītakī* and *aḍuṣā* or equal measures of the juices of their leaves. Mortar the compound with these decoctions (or the juices). After properly triturating the same, prepare pills in measurement of 625 mg. (modern measurement 250 mg.) each and let them dry.

Method of use/Administration: After consuming this medicine the following medicine should be taken.

Take equal parts of *aḍuṣā*, dried ginger and *kañṭakārī* and obtain 24 gm. of this mixture. Decoct this material in 384 ml. of water. Keep decocting until the total quantity is reduced to 96 ml. Adding honey to it consume it every time after taking *Kāsasanhāra Bhairava Rasa*.

Therapeutic benefits: This medicine is an effective cure for disorders caused due to *vāta*, *pitta*, and *śleṣma*. It also provides relief from chronic *kāsa*. This medicine provides relief in the same way as the sun provides light. Śṛī Gahannāth has prepared this medicine for the welfare of mankind.

This medication cures various types of *kāsa*, serious asthma and anorexia. It also provides strength, luster, complexion of the body and increases digestive power.

(*Rasendra Sār Sangraha*)

बृहद्रसेन्द्रगुटिका–

कर्षं शुद्धरसेन्द्रस्य गन्धकस्याभ्रकस्य च । ताम्रस्य हरितालस्य लौहस्य च विषस्य च ।।९१।।
मनःशिलायाःक्षाराणांबीजंधुस्तूरकस्यच । मरिचस्य च सर्वेषां श्लक्ष्णचूर्णं पृथक् पृथक् ।।९२।।
जयन्ती चित्रकं मानघण्टाकर्णोल्लमण्डुकी । शक्राशनं भृङ्गराजं केशराजार्द्रकं तथा ।।९३।।
सिन्दुवारस्य च रसैः कर्षमात्रैर्विभावयेत् । कलायपरिमाणान्तु गुडिकां कारयेद्भिषक् ।।९४।।
आर्द्रकस्य रसेनैव पञ्चकासान् व्यपोहति । निहन्ति दारुणं श्वासं यक्ष्माणं सभगन्दरम् ।
कफवातामयानुग्रानानाहं विड्विबन्धिताम् ।।९५।।

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अग्निमान्द्यारुचिं शोथमुदरं पाण्डुकामलाम् । रसायनी च वृष्या च बलवर्णप्रसादिनी ।।९६।।
मधुरं बृंहणं वृष्यं मत्स्यं मांसञ्च जाङ्गलम् । घृतपक्वं सदा भक्ष्यं रूक्षं तीक्ष्णं विवर्जयेत् ।।९७।।

91-97. Bṛihadrasendra Guṭikā:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *tāmra bhasma*, purified *haritāla*, *lauha bhasma*, purified *vatsanābha viṣa*, purified *manahśilā*, purified borax, *svarjikṣāra*, *yavakṣāra*, pure seeds of *dhatturā*, black pepper, juices and decoctions of *jayantī*, *citraka*, *mānakānanda*, *ghanṭākarṇa*, *śūraṇakanda*, *manḍukaparṇī*, *vijayā*, *bhṛingarāja*, *keśarāja* and *nirgunḍī patra*.

Process of Drug-Making: Obtain powder of the following materials in measurement of 12 gm. each: purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *tāmra bhasma*, purified *haritāla*, *lauha bhasma*, purified *vatsanābha viṣa*, purified *manahśilā*, purified borax, *svarjikṣāra*, *yavakṣāra*, pure seeds of *dhatturā* and black pepper. First of all prepare *kajjalī* out of purified *pārada* and purified *gandhaka* and add rest of the materials into it. Triturate the mixture. Take juices and decoctions of the following materials in measurement of 12 gm. each: *jayantī*, *citraka*, *mānakānanda*, *ghanṭākarṇa*, *śūraṇakanda*, *manḍukaparṇī*, *vijayā*, *bhṛingarāja*, *keśarāja* and *nirgunḍī patra*. Triturate the compound with these decoctions and juices. Prepare pills similar to the size of peas (modern dose 125 mg. each).

Method of use/Administration: This medicine is known as *Bṛihadrasendraguḍikā* and is taken along with juice of ginger. After consuming this medicine, if one feels hungry, he should eat more sweets, *rasāyaṇa* and aphrodisiac products. Also, the user should include in his meals the fish, meat of wild animals and food cooked along with *ghṛitam*. Pungent and bitter eatables should be avoided.

Therapeutic benefits: This medicine provides relief from five types of *kāsa*, serious asthma, *yakṣamā*, *bhagandara*, disorders of *kapha* and *vāta doṣas*, *ānāha*, *viḍvibandha* (improper digestion), loss of digestive power, anorexia, *śotha*, problems related to gastro intestinal tract, *pānḍu* and jaundice. It also provides strength to the vital constituents (*dhātu*) of the body, increases strength, stamina and justifies complexion. It provides aphrodisiac power.

(*Rasendra Sār Sangraha*)

महोदधिरसः–
सूतकं गन्धकं लौहं विषञ्चापि वराङ्गकम् । ताम्रकं वङ्गभस्मापि व्योमकञ्च समांशिकम् ।।९८।।

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पत्रं त्रिकटुकं मुस्तं विडङ्गं नागकेसरम् । रेणुकाऽऽमलकं चैव पिप्पलीमूलमेव च ।।९९।।
एषाञ्च द्विगुणं दत्त्वा मर्दयित्वा प्रयत्नतः । भावना तत्र दातव्या गजपिप्पलिनिम्बुभिः ।।१००।।
मात्रा चणकतुल्या तुवटिकेयं प्रकीर्त्तिता । हन्ति कासं तथा श्वासमर्शांसि च भगन्दरम् ।।१०१।।
हृच्छूलं पार्श्वशूलञ्च कर्णरोगं कपालिकाम् । हरेत् सङ्ग्रहणीं रोगानष्टौ च जठराणि च ।।
प्रमेहान् विंशतिं चैवाप्यश्मरीं च चतुर्विधाम् ।।१०२।।
न चान्नपाने परिहार्यमस्ति न चातपे चाध्वनि मैथुने च ।
यथेष्टचेष्टाभिरत प्रयोगे नरो भवेत्काञ्चनराशिगौरः ।।१०३।।

98-103. Mahodadhi Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, purified *vatsanābha viṣa*, bark of cinnamon, *tāmra bhasma*, *vanga bhasma*, *abhraka bhasma*, cassia leaves, dried ginger, black pepper, *pippalī*, *mustaka*, *vāyaviḍanga*, *nāgakeśara*, *hareṇukā*, *āmalakī*, *pippalīmūla* and decoction of *gajapippalī*.

Process of Drug-Making: Obtain powder of the following materials: 25 gm. each of purified *pārada*, purified *gandhaka*, *lauhabhasma*, purified *vatsanābha viṣa*, bark of cinnamon, *tāmrabhasma*, *vangahasma*, *abhraka bhasma* and 50 gm. each of cassia leaves, dried ginger, black pepper, *pippalī*, *mustaka*, *vāyaviḍanga*, *nāgakeśara*, *hareṇukā*, *āmalakī* and *pippalīmūla*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka*, mix rest of the materials into it and triturate the preparation properly. Following this, treat it with the decoction of *gajapippalī* and process the same through *bhāvanā* method for three hours. Prepare pills measuring 250 mg. each.

Method of use/Administration: While consuming this medicine, there is no prohibition with regard to food, drinks, and performing such activities as walking and sitting under sun, walking in paths and having intercourse with female. Food should be eaten as per desire. People who consume this medicine glazes like *suvarṇarāśi* (mountain of gold).

Therapeutic benefits: This medicine is called as *Mahodadhi Rasa*. It cures diseases like *kāsa*, asthma, *arśa*, *bhagandara*, heartache, *pārśavaśūla*, disorders of ears and head, *sangrahaṇī*, eight types of problems related to gastro intestinal tract, 20 types of *prameha* (i.e. urinary disorders including diabetes) and four types of *aśmarī*.

(*Rasendra Sār Sangraha*)

तरुणानन्दरसः (र. सा. सं.)–
कर्षद्वयं रसेन्द्रस्य शुद्धस्य गन्धकस्य च । कज्जलीकृत्य यत्नेन शिलातलशुभे दृढे ।।१०४।।

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बिल्वाग्निमन्थश्योणाकाःकाश्मरीपाटलाबला । मुस्तं पुनर्नवा धात्री बृहती वृषपत्रकम् ।।१०५।।
विदारी शतमूली च कर्षैरेषां पृथग् रसैः । मर्दयित्वा पुनर्वासास्वरसैर्दशतोलकैः ।।१०६।।
मर्दयेत्तत्र शुद्धाभ्रं रसस्य द्विगुणं क्षिपेत् । रसस्यार्द्धं च कर्पूरं तत्रैव दापयेद्भिषक् ।।१०७।।
जातीकोषफले मांसीतालीशैलालवङ्गकम् । चूर्णं कृत्व प्रयत्नेन माषमात्रं क्षिपेत् पृथक् ।।१०८।।
विदारीस्वरसेनैव वटिकां कारयेद् भिषक् । राजयक्ष्माणमत्युग्रं क्षयं चोग्रमुरःक्षतम् ।।१०९।।
कासं पञ्चविधंश्वासं स्वराघातमरोचकम् । कामलां पाण्डुरोगं च प्लीहानं सहलीमकम् ।।११०।।
जीर्णज्वरतृषां गुल्मं ग्रहणीमामसंभवाम् । अतीसारं च शोथं च कुष्ठानि च भगन्दरम् ।।१११।।
नाशयेदेष विख्यातस्तरुणानन्दसंज्ञितः । रसायनवरो वृष्यश्चक्षुष्यः पुष्टिवर्द्धनः ।।११२।।
सहस्रंयाति नारीणां भक्षणादस्य मानवः । क्षीणता न च शुक्रस्य न च बुद्धिबलक्षयः ।।११३।।
द्विमासमुपयोगेन निहन्ति सकलान् गदान् । शुक्रसंदीपनं कृत्वा ज्वरं हन्ति न संशयः ।।११४।।
नारिकेलजलेनैव भक्ष्योऽयं च रसायनः । क्षीरानुपानाद् वृष्योऽयं न क्वचित्प्रतिहन्यते ।।११५।।

104-115. Taruṇānanda Rasa:

Ingredients: *Pārada bhasma*, *gandhaka bhasma*, juices of bark of *bilva*, *araṇī*, *śyoṇāka*, *gambhārī*, *pāṭala*, *balā*, *nāgaramustā*, *punarnavā*, *āmalakī*, bigger *vyāghrī*, leaves of *aḍuṣā*, *vidārīkanda*, *śatāvarī*, *abhraka bhasma*, *jātīkoṣa*, *jātīphala*, *jaṭāmānsī*, *tāliśapatra*, cardamom, camphor, clove and juice of *vidārīkanda*.

Process of Drug-Making: Prepare *kajjalī* out of *pārada* and *gandhaka* each measuring 23 gm. each. Obtain separate juices of bark of *bilva*, *araṇī śyoṇāka*, *gambhārī*, *pāṭala*, *balā*, *nāgaramustā*, *punarnavā*, *āmalakī*, bigger *vyāghrī*, leaves of *aḍuṣā*, *vidārīkanda* and *śatāvarī* in measurement of 12 ml. each. Mortar *kajjalī* with each of these juices separately. Following this, add to the preparation *abhraka bhasma* (46 gm.) and 1 gm. each of *jātīkoṣa*, *jātīphala*, *jaṭāmānsī*, *tāliśapatra*, cardamom, clove and 12 gm. of camphor. Mortar this compound with the juice of *vidārīkanda*. Prepare pills in measurement of 500 mg. each.

Method of use/Administration: This medicine should be consumed along with coconut water. If taken with milk it heavily increases sex power.

Therapeutic benefits: This medicine cures serious tuberculosis, five types of *kāsa*, asthma, *svarabheda*, anorexia, jaundice, *pāṇḍu*, enlargement of spleen, *halīmaka*, *jīrṇa jvara*, *tṛiṣṇāroga*, *gulma*, *āmadoṣa*, *grahaṇī*, *atisāra*, *śotha*, 18 types of *kuṣṭha* (skin diseases including leprosy) and *bhagandara*. This medicine is popular by the name of *Taruṇānanda Rasa*. This medicine srengthens the *dhātu* (vital constituents) of the body, provides great aphrodisiac power, increases semen growth and is good for the eyes. By consuming this medicine a person can enjoy

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intercourse with many females and still does not lose any strength or intellect. If consumed for two months, it can cure all types of diseases.

Note: This medicine is very useful in treating *kāsa* (coughs) caused due to *vāta* and *pitta doṣas*.

(*Rasendra Sār Sangraha*)

समशर्करलौहम्–

लवङ्गंकट्फलं कुष्ठं यमानी त्र्यूषणं तथा । चित्रकं पिप्पलीमूलं वासकं कण्टकारिका ।।११६।।
चव्यं कर्कटशृङ्गी च चातुर्जातं हरीतकी । शटी कक्कोलकं मुस्तं लौहमभ्रं यवाग्रजम् ।।११७।।
सर्वं प्रतिसमं चूर्णं तावच्छर्करयाऽन्वितम् । सर्वमेकीकृतं चूर्णं स्थापयेत्स्निग्धभाजने ।।११८।।
निहन्ति सर्वं कासं च वातश्लेष्मसमुद्भवम् । क्षयकासं रक्तपित्तं श्वासमाशु विनाशयेत् ।।११९।।
क्षीणस्य पुष्टिजननं बलवर्णाग्निवर्द्धनम् ।।१२०।।

116-120. Samaśarkara Lauham:

Ingredients: Clove, *kaṭphala*, sweet *kuṣṭha*, caraway seed, dried ginger, black pepper, *pippalī*, root of *citraka*, *pippalīmūla*, *pañcānga*, root of *aḍuṣā*, root of *kañṭakārī*, *cavya*, *kākadaśṛingī*, *cāturjāta* i.e. bark of cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, *harītakī*, *karcūra*, *kakkola*, *mustaka*, *lauha bhasma*, *abhraka bhasma*, *yavakṣāra* and white sugar.

Process of Drug-Making: Obtain powder in measurement of 12 gm. each of the following: clove, *kaṭphala*, sweet *kuṣṭha*, caraway seed, dried ginger, black pepper, *pippalī*, root of *citraka*, *pippalīmūla*, *pañcānga* and root of *aḍuṣā*, root of *kañṭakārī*, *cavya*, *kākadaśṛingī*, *cāturjāta* i.e. bark of cinnamon, smaller cardamom, cassia leaves, *nāga keśara*, *harītakī*, *karcūra*, *kakkola*, *mustaka*, *lauha bhasma*, *abhraka bhasma* and *yavakṣāra*. Take 288 gm. white sugar and mortar all the materials.

Method of use/Administration: Consume this compound in doses of 1-3 gm. along with honey.

Therapeutic benefits: This medicine is called as *Samśarkara Lauha* and cures all types of *kāsa* (related to *vāta*, *śleṣmika* and *kṣaya*), *rakta pitta* and asthma. It also gives energy to the weak people and promotes the aphrodisiac power. It increases digestive power.

चन्द्रामृतलौहम् (र. सा. सं.)–

त्रिकटु त्रिफला धान्यं चव्यं जीरकसैन्धवम् । दिव्यौषधि-हतस्यापि तत्तुल्यमयसो रजः ।।१२१।।
नवगुञ्जाप्रमाणेन वटिकां कारयेद्भिषक् । प्रातःकाले शुचिर्भूत्वा चिन्तयित्वाऽमृतेश्वरीम् ।।१२२।।
एकैकां वटिकां खादेद् रक्तोत्पलरसप्लुताम् । नीलोत्पलरसेनैव कुलत्थस्वरसेन च ।।१२३।।

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निहन्ति विविधं कासं दोषत्रयसमुद्भवम् । वातिकं पैत्तिकं चैव गरदोषसमुद्भवम् ।।१२४।।
सरक्तमथ नीरक्तं ज्वरं श्वाससमन्वितम् । भ्रमतृड्दाहशूलघ्नं रुच्यं वह्निप्रदीपनम् ।।१२५।।
बलवर्णकरं वृष्यं जीर्णज्वरविनाशनम् । इदं चन्द्रामृतं लौहं चन्द्रनाथेन निर्मितम् ।।१२६।।

121-126. Candrāmṛita Lauham:

Ingredients: Dried ginger, pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, coriander seed, *cavya*, cumin seed, rock salt, *lauha bhasma* and *manahśilā*.

Process of Drug-Making: Obtain powder of the following in equal parts: dried ginger, pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, coriander seed, *cavya*, cumin seed and rock salt. Get *lauha bhasma* processed with *manahśilā* equivalent to the combined quantity of the rest of the materials. Collect all these materials and triturate it along with water. Prepare pills in measurement of 1125 gm. each.

Method of use/Administration: One should take this medicine only after finishing toilet and bathroom chores and chanting *Amṛiteśavarī* hymns. Medicine should be consumed in doses of one or half pill along with juices of red lotus, *nīlakamala* and *kulattha*.

Note: Dosage of 250 mg. is advised in cases of chronic *kāsa* (coughs) with fever.

Therapeutic benefits: It cures various types diseases like *kāsa* of every type (caused due to *vāta*, *pitta* or *kapha*, *garadoṣa*, *kāsa* with or without blood), fever with breathing troubles, *bhrama*, morbid thirst, burning sensation and *śūla* etc. It promotes digestive power, hunger and aphrodisiac power.

(*Rasendra Sār Sangraha*)

भागोत्तरगुडिका–

रसभागोभवेदेकोगन्धकोद्विगुणो भवेत् । त्रिभागा पिप्पली पथ्या चतुर्भागा बिभीतकी ।।१२७।।
पञ्चभागातथावासा षड्गुणा सप्तभागिका । भार्गी सर्वमिदं चूर्णं भाव्यं बब्बूलजैर्द्रवैः ।।१२८।।
एकविंशतिवारांश्च मधुना गुडिका कृता । माषकैकप्रमाणेन प्रातरेकान्तु भक्षयेत् ।।
कासं श्वासं हरेत् क्षुद्रक्वाथस्तदनु कृष्णया ।।१२९।।

127-129. Bhagottara Guḍikā:

Ingredients: Purified *pārada*, purified *gandhaka*, powder of *pippalī*, powder of *haraḍa*, powder of *vibhītaka*, powder of root of *aḍuṣā*, juice of either leaves of *babbūla* or its unripe fruit and decoction of its bark.

Process of Drug-Making: Get the materials in the following measures: purified *pārada* (12 gm.), purified *gandhaka* (24 gm.), power of *pippalī* (36 gm.),

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powder of *haraḍa* (48 gm.), powder of *vibhītaka* (60 gm.) and powder of root of *aḍuṣā* (72 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the recipe properly. Take juice of either leaves of *babbūla* or its unripe fruit and decoction of its bark. Process the recipe through the *bhāvanā* method along with juice or decoction for 21 consecutive times and finally mortar the samer by adding honeyto it. Prepare pills in doses of 1 gm. each.

Method of use/Administration: Consume one pill with 250 mg. of powder of *pippalī* and same quantity of decoction of smaller *kañṭakārī*.

Therapeutic benefits: This medicine is known as *Bhagottara Guṭikā* and cures *kāsa* and asthma.

लक्ष्मीविलासो रसः (कासे)–

शुद्धसूतं सतालञ्च तालाङ्कुरं सखर्परम् । वङ्गं ताम्रं घनं कान्तं कांस्यकं च पलं पलम् ।।१३०।।
केशराजरसेनैव भावयेद्दिवसत्रयम् । कुलत्थस्य रसेनापि भावयेच्च पुनः पुनः ।।१३१।।
एलाजातीफलाख्यञ्च तेजपत्रं लवङ्गकम् । यमानी जीरकञ्चैव त्रिकटु त्रिफला समम् ।।१३२।।
नतं भृङ्गं वंशगर्भं कर्षमात्रञ्च कारयेत् । भावयेच्च रसेनाथ गोलयेत्सर्वमौषधम् ।।१३३।।
छायाशुष्का वटी कार्या चणकप्रमिता तथा । शीताम्बुना पिबेद्धीमान् सर्वकासनिवृत्तये ।।१३४।।
मत्स्यंमांसंतथाक्षीरंपथ्यंस्यात्स्निग्धभोजनम् । क्षयंकासंतथाश्वासं ज्वरं हन्ति न संशयः ।।१३५।।
हलीमकं पाण्डुरोगं शोथं शूलं प्रमेहकम् । अर्शोनाशं करोत्येष बलपुष्टिञ्च कारयेत् ।।१३६।।
कामदेवसमं वर्णं तृष्णाऽरोचकनाशनम् । वर्ज्यं शाकाम्लमादौ च भृष्टद्रव्यं हुताशनम् ।।
रसो लक्ष्मीविलासोऽयं महादेवेन भाषितः ।।१३७।।

130-137. Lakṣmīvilāsa Rasa:

Ingredients: Purified *pārada*, *rasa sindūra*, purified *haritāla*, purified *manahśilā*, purified *kharpara*, *vanga bhasma*, *tāmra bhasma*, *abhraka bhasma*, *kānta lauha bhasma*, *kānsya bhasma*, juice of black *bhṛingarāja*, *kulattha*, powder of smaller cardamom, *jātīphala*, cassia leaves, clove, caraway seed, whites cumin seed, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *tagara*, bark of cinnamon, *vanśalocana* and *keśarāj*.

Process of Drug-Making: Take the following in measurement of 46 gm. each: purified *pārada*, *rasa sindūra*, purified *haritāla*, purified *manahśilā*, purified *kharpara*, *vanga bhasma*, *tāmra bhasma*, *abhraka bhasma*, *kānta lauha bhasma*, *kānsya bhasma* and churn them together. Process the mix through *bhāvanā* method along with juice of black *bhṛingarāja* for three days. Subsequently, repeat the *bhāvanā* process along with the decoction of *kulattha* beans for seven times

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and triturate the preparation. Add to it powder of smaller cardamom, *jātīphala*, cassia leaves, clove, caraway seed, whites cumin seed, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *tagar*, bark of cinnamon and *vanśalocana* in measurement of 12 gm. each. Triturate all the materials together. Repeat the *bhāvanā* process along with both of the juice of *keśarāja*nd decoction of *kulattha* beans. Churn the preparation properly. Prepare pills measuring 250 mg. each.

Method of use/Administration: Take one pill of the medicine daily with cold water to get relief from all types of *kāsa* (coughs). If hungry, the patient should take fish, meat, milk and oily food. While consuming this medicine one should avoid leaves of *āmla*, food baked in fire and sitting near fire.

Therapeutic benefits: This medicine is known as *Lakṣmīvilasa Rasa* and it has been prepared by Śrī Mahādevaji. Given along with different *anupānas*, this medicine can cure diseases like tuberculosis, *kāsa* (coughs), asthma, fever, *halīmaka*, *pāṇḍu*, *śotha*, *śūla*, *prameha* (i.e. urinary disorders including diabetes) and *arśa*. It also provides aphrodisiac power. It gives relief from momrbid thirst and anorexia.

(*Rasendra Sār Sangraha*)

सार्वभौमरसः (र. सा. सं.)–

जीर्णं सुवर्णं लौहं वा यद्यत्रैव प्रदीयते । तदाऽयं सर्वरोगाणां सार्वभौमो न संशयः ।।१३८।।

138. Sārvabhauma Rasa:

Ingredients: Items pertaining to the formula of the *Śṛingārābhra Rasa*, *suvarṇa bhasma* and *lauha bhasma*.

Process of Drug-Making: Obtain ingredients suggested in the formula of *Śṛingārābhra Rasa* which has been indicated in the chapter relating to tuberculosis. Add to them *suvarṇa bhasma* and *lauha bhasma* in measurement of 12 gm. each. After mixing these two *bhasmas* the name of the medicine becomes *Sārvabhauma Rasa*.

Therapeutic benefits: If this medicine is given in different *anupānas*, it can cure all types of diseases including *kāsa* (coughs).

(*Rasendra Sār Sangraha*)

शृङ्गाराभ्रम् (बृहत्)–

पारदं गन्धकं चैव टङ्कणं नागकेशरम् । कर्पूरं जातिकोषञ्च लवङ्गं तेजपत्रकम् ।।१३९।।

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सुवर्णञ्चापि प्रत्येकं कर्षमात्रं प्रकल्पयेत् । शुद्धकृष्णाभ्रचूर्णन्तु चतुःकर्षं प्रयोजयेत् ।।१४०।।
तालीशघनकुष्ठानि मांसीत्वग्धात्रिपुष्पिका । एलाबीजं त्रिकटुकं त्रिफला करिपिप्पली ।।१४१।।
कर्षद्वयञ्च चैतेषां पिप्पलीक्वाथमर्दितम् । अनुपानं प्रयोक्तव्यं चोचं क्षौद्रसमन्वितम् ।।१४२।।
अग्निमान्द्यादिकान्रोगानरुचिं पाण्डुकामलाम् । उदराणि तथा शोथमानाहं ज्वरमेव च ।।१४३।।
ग्रहणीं श्वासकासञ्च हन्याद्यक्ष्माणमेव च । नानारोगप्रशमनं बलवर्णाग्निकारकम् ।।१४४।।
बृहच्छृङ्गाराभ्रं नाम विष्णुना परिकीर्त्तितम् । एतस्याभ्यासमात्रेण निर्व्याधिर्जायते नरः ।।१४५।।

139-145.Śṛingārābhram (Major Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, purified borax, *nāga keśara*, camphor, *jāvitṛi*, clove, cassia leaves, *suvarṇa bhasma*, leaves of golden *kañṭakavedi*, purified *kṛiṣṇa abhraka bhasma*, *tāliśapatra*, *mustaka*, sweet *kuṭaja*, *jaṭāmānsī*, bark of cinnamon, flowers of *dhātakī*, smaller cardamom, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *gajapippalī* and decoction of *pippalī*.

Process of Drug-Making: Obtain powder in measurement of 12 gm. each of purified *pārada*, purified *gandhaka*, purified borax, *nāga keśara*, camphor, *jāvitṛi*, clove, cassia leaves, *suvarṇa bhasma* and leaves of golden *kañṭakavedi*. Also take, 46 gm. of purified *kṛiṣṇa abhraka bhasma* and 23 gm. each of *tāliśapatra*, *mustaka*, sweet *kuṭaja*, *jaṭāmānsī*, bark of cinnamon, flowers of *dhātakī*, smaller cardamom, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī* and *gajapippalī*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka*, mix rest of the materials to it and churn it properly. Following this, mortar it along with decoction of *pippalī* for three hours. Prepare pills in measurement of250 mg. each.

Therapeutic benefits: This medicine is known as *Bṛihacchaśṛingārābhra*. It cures disorders like loss of digestion, anorexia, *pāṇḍu*, jaundice, eight types of problems related to gastro intestinal tract, *śotha*, *ānāha*, fever, *sangrahaṇī*, asthma, *kāsa*, tuberculosis and other related diseases. It provides aphrodisiac power and promotes digestive power. This medicine has been prepared by God Viṣṇu and its regular consumption keeps one free from all types of diseases.

(*Rasendra Sār Sangraha*)

नित्योदयरसः (र. सा. सं.)–

सुशुद्धःपारदोगन्धःप्रत्येकंशुक्तिसंमितम् । ततःकज्जलिकांकृत्वामर्दयेच्च पृथक्-पृथक् ।।१४६।।
बिल्वाग्निमन्थश्योणाकाःकाश्मरीपाटलाबला । मुस्तं पुनर्नवा धात्री बृहती वृषपत्रकम् ।।१४७।।
विदारी बहुपुत्री च एषां कर्षरसैभिषक् । सुवर्णं रजतं ताप्यं प्रत्येकं शाणमानकम् ।।१४८।।
पलमात्रं तुकृष्णाभ्रं तदर्द्धं च शिलाह्वयम् । जातीकोषफले मांसी तालीसैलालवङ्गकम् ।।१४९।।

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प्रत्येकं कोलमानं तु वासानीरैर्विमर्दयेत् । शोषयित्वाऽऽतपे पश्चाद्विदारीरसभावितम् ।।१५०।।
द्विगुञ्जाभांवटींखादेत् पिप्पलीमधुसंयुताम् । नाम्ना नित्योदयश्चायं रसो विष्णुविनिर्मितः ।।१५१।।
पञ्चकासान् निहन्त्याशु चिरकालोद्भवानपि । राजयक्ष्माणमत्युग्रं जीर्णज्वरमरोचकम् ।।१५२।।
धातुस्थं विषमाख्यं च तृतीयकचतुर्थकम् । अर्शांसि कामलां पाण्डुमग्निमान्द्यं प्रमेहकम् ।
सेवनादस्य कन्दर्परूपो भवति मानवः ।।१५३।।

146-153. Nityodaya Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, juice of *bilva*, *araṇī*, *śyoṇāka*, *gambhārī*, bark of *pāṭala*, *balā*, *mustaka*, *punarnavā*, *āmalakī*, bigger *vyāghrī*, leaves of *aḍuṣā*, *vidārīkanda*, *śatāvarī*, *bhasmas* of gold, silver and *Svarṇamākṣika*, purified *manahśilā*, *jātīkoṣa*, *jātīphala*, *jaṭāmānsī*, *tāliśapatra*, smaller cardamom, clove, juice of *aḍuṣā* and juice of *vidārīkanda*.

Process of Drug-Making: Prepare a very fine (*niścandra*) *kajjalī* out of purified *pārada* (23 gm.) and purified *gandhaka* (23 gm.). Obtain 12 ml. measure of the juices of the each of *bilva*, *araṇī*, *śyoṇāka*, *gambhārī*, bark of *pāṭala*, *balā*, *mustaka*, *punarnavā*, *āmalakī*, bigger *vyāghrī*, leaves of *aḍuṣā*, *vidārīkanda* and *śatāvarī*. Triturate the *kajjalī* along with all of these juices separately through *bhāvanā* method. Add to the preparation *bhasmas* of gold, silver and *svarṇamākṣika* each measuring 3 gm. Also add to it *abhraka* (46 gm.), purified *manahaśilā* (23 gm.) and 6 gm. each of *jātīkoṣa*, *jātīphala*, *jaṭāmānsī*, *tāliśapatra*, smaller cardamom and clove. Subsequently triturate this compound along with the juice of *aḍuṣā* and dry it under the sun. Mortar the dried compound with the juice of *vidārīkanda* and prepare pills measuring 250 mg. each.

Method of use/Administration: Consume this medicine along with powder of *pippalī* and honey. 62 mg. is the normal dosage.

Therapeutic benefits: This medicine is called as *Nityodaya Rasa* and has been prepared by God Viṣnu. This medicine can cure chronic *kāsa* (coughs), serious tuberculosis, *jīrṇa jvara*, anorexia, fever caused out of *dhātu*, *viṣam jvara*, *tṛitīyaka* and *caturthikā* types of fever, *arśa*, jaundice, *pānḍu*, loss of digestion and *prameha* (i.e. urinary disorders including diabetes). By consuming this medicine the users become free from all diseases and gets aphrodisiac power.

(*Rasendra Sār Sangraha*)

वसन्ततिलकरसः–

हेम्नो भस्मकतोलकं द्विघनकं लौहात्रयः पारदाच्चत्वारो नियतन्तु वङ्गयुगलं चैकीकृतं मर्दयेत् ।
मुक्ताविद्रुमयोरसेनसमतागोक्षूरवासेक्षुणासर्वं बालुकयन्त्रगं परिपचेद् यामं दृढं सप्तकम् ।।१५४।।

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कस्तूरीघनसारमर्दितरसः पश्चात्सुसिद्धो भवेत् कासश्वाससपित्तवातकफजित् पाण्डुक्षयादीन् हरेत् ।
शूलादिग्रहणीं विषादिहरणोमेहान्समानश्मरींहृद्रोगापहरोज्वरादिशमनोवृष्यो वयोवर्द्धनः ।।१५५।।
श्रेष्ठःपुष्टिकरो वसन्ततिलको मृत्युञ्जयेनोदितः ।।१५६।।

154-156. Vasantatilaka Rasa:

Ingredients: *Svarṇa bhasma*, *abhraka bhasma*, *lauha bhasma*, *pārada bhasma*, *rasa sindūra*, *muktā bhasma*, *pravāla bhasma*, *gokṣura*, leaves of *aḍuṣā*, juice of sugarcane, pure *kastūrī* and camphor.

Process of Drug-Making: Obtain the ingredients in the following measures *svarṇa bhasma* (12 gm.), *abhraka bhasma* (23 gm.), *lauha bhasma* (35 gm.), *pārada bhasma* (46 gm.), *rasa sindūra* (46 gm.), *muktā bhasma* (46 gm.), *pravāla bhasma* (46 gm.). Obtain fine powder of these materials through mortar. Triturate this compound for three hours each with decoction of *gokṣura*, juice from the leaves of *aḍuṣā* and juice of sugarcane. After drying it, place the compound in the middle of *Bālukāyañtra* and cook it for 21 hours. After cooking, remove the compound from the appratus and churn it into a fine powder. Add to it 12 gm. each of pure *kastūrī* and camphor and triturate the same. Fill the compound in glass bottle.

Method of use/Administration: Consume this medicine in doses of 125-250 mg.

Therapeutic benefits: If consumed with different *anupānas*, this medicine can cure disorders like, *kāsa* (coughs), asthma, diseases caused due to *pitta*, *vāta* and *kapha*, *pāṇḍu*, *kṣaya*, *śūla*, *sangrahaṇī*, *viṣadoṣa*, 20 types of *prameha* (i.e. urinary disorders including diabetes), *aśmarī*, heart diseases and fever. It provides aphrodisiac power and strength. This medicine is known as *Vasantatilaka Rasa* and has been prepared by Śrī Mrityuñjaya Mahādeva.

(*Rasendra Sār Sangraha*)

वासादिवटिका (अ.)–

वासापत्ररसोद्भूतो मुद्रालेहः पलोन्मितः । तोलकप्रमितं चूर्णमर्कमूलसमुद्भवम् ।।१५७।।
विशुद्धस्याहिफेनस्य मात्रा ग्राह्याऽपि तावती । अर्द्धतोलकमानेनादेयं कर्पूरमुत्तमम् ।।१५८।।
सर्वमेकत्र संमर्द्य द्वित्ररक्तिमिता वटी । विधातव्या विधानेन वैद्येन ननु धीमता ।।१५९।।
वासादिवटिका नाम लेह्या क्षौद्रेण सर्वदा । तेन श्वासोरःक्षतासृग्दरशोथगलामयाः ।।१६०।।
रक्तातिसारो यक्ष्मा च कासः पञ्चविधस्तथा । ग्रहणींरक्तपित्तंच क्षयो नश्यन्त्यसंशयम् ।।१६१।।

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157-161. Vāsādi Vaṭikā:

Ingredients: Juice from the leaves of *aḍuṣā*, powder of the roots of *arka*, pure *ahiphena* (opium) and camphor.

Process of Drug-Making: Take juice (250 ml.) from the leaves of *aḍuṣā* and cook it in a metallic pan. Prepare thick syrup out of it i.e. cook it till one could make impression on it with the fingers. Take 46 gm. of this *kalka* and add to it powder of the roots of *arka* (12 gm.), pure *ahiphena* (opium) (12 gm.) and camphor (6 gm). Properly mortar the same. Prepare pills measuring 250-375 mg. each.

Method of use/Administration: This medicine is called *Vāsādi Vaṭī* and should be consumed with honey.

Therapeutic benefits: This medicine cures disorders like asthma, *urahkṣata*, *rakta pradara*, *śotha*, throat diseases, *raktatisāra*, *yakṣamā*, five types of *kāsa* (coughs), *grahaṇī*, *rakta pitta* and *kṣaya* related to *rasa* and *rakta*.

इन्दुमरीचिवटिका (अ.)–

मुस्तकं यष्टिमधुकं चाहिफेनं विशोधितम् । बदरास्थिमज्जा सर्वं समभागं प्रकल्प्य च ।।१६२।।
नीरेण मर्दनीयं तत् ततो रक्तिद्वयात्मिका । वटी विधेया यत्नेन वैद्यविद्याविशारदैः ।।१६३।।
नैशं तमो यथैवेन्दु-मरीचिर्नाशयेत्तथा । कासादिकं चामवातं दाहं शूलं भयङ्करम् ।।१६४।।
विविधामयसंभूतां पीडां चापि गलामयान् । निहत्य द्रागनेकार्त्ति जुषामपि नृणां यतः ।।१६५।।
निद्राविधायिनी नूनं ततो वैद्यैरुदीरिता । यथार्थनामिकैवेन्दुमरीचिवटिका त्वसौ ।।१६६।।

162-166. Indu Marīci Vaṭikā:

Ingredients: *Mustaka*, raisin, *ahiphena* (opium), pulp of *kola* fruit's stone and water.

Process of Drug-Making: Obtain powder of the following in measurement of 12 gm. each: *mustaka*, raisin, *ahiphena* (opium) and pulp of *kola* fruit's stone. Churn these materials and triturate it along with water. Prepare pills measuring 250 mg. each.

Therapeutic benefits: If taken in different *anupānas* this medicine cures *kāsa* (coughs), *āmavāta*, burning sensation in hands, shoulders and legs, severe burning sensation, *śūla*, pain due to other disorders and throat diseases. This medicine gives relief to people suffering from pain and providesmthe users a good sleep. Therefore, the learned physicians have named this medicine as *Indu Marīci Vaṭikā*.

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कासकर्त्तरीगुटिका (भा. भै. र.)–

रङ्गं कृष्णाऽभया क्षारं रूपभार्गीक्रमोत्तरा । तत्समं खादिरं सारं बब्बूलक्वाथभावितम् ।।१६७।।
एकविंशतिवाराँश्च मधुनाऽक्षमितागुटी । कासं श्वासं क्षयं हिक्कां हन्त्येषा कासकर्त्तरी ।।१६८।।

167-168. Kāsa Karttarī Guṭikā:

Ingredients: *Ranga*, *kṛiṣṇa* (*pippalī*), *abhayā*, *yavakṣāra*, *aḍuṣā*, *bhārgī*, *sāra* or solid extract of *khadira*, decoction of *vakula* and honey.

Process of Drug-Making: Take *vangabhasma* (one part), *kṛiṣṇa* (*pippalī*) (two parts), *abhayā* (three parts), *yavakṣāra* (four parts), *aḍuṣā* (five parts), *bhārgī* (six parts), and *sāra* or solid extract of *khadira* (21 parts) and triturate them together along with the decoction of *vakula* for 21 consecutive times. Subsequently, add to it adequate quantity of honey and again triturate the mix. Prepare pills measuring 12 gm. each.

Therapeutic benefits: Intake of this medicine cures *kāsa*, asthma, consumption and hic-cup.

(*Rasendra Kāmdhenu*)

व्याघ्रीहरीतकी–

समूलपुष्पच्छदकण्टकार्यास्तुलां जलद्रोणपरिप्लुताञ्च ।
हरीतकीनाञ्च शतं निदध्याद्विपच्य सम्यक् चरणावशेषम् ।।१६९।।
गुडस्य दत्त्वा शतमेतदग्नौ विपक्वमुत्तार्य ततः सुशीते ।
कटुत्रिकञ्च द्विपलप्रमाणंपलानि षट्पुष्परसस्य चात्र ।।१७०।।
क्षिपेच्चतुर्जातपलं यथाग्नि प्रयुज्यमानो विधिनाऽवलेहः ।
वातात्मकं पित्तकफोद्भवञ्च द्विदोषकासानपि च त्रिदोषम् ।।१७१।।
क्षयोद्भवञ्च क्षतजञ्च हन्यात्सपीनसश्वासस्वरक्षयञ्च ।
यक्ष्माणमेकादशमुग्ररूपंभृगूपदिष्टं हि रसायनं स्यात् ।।१७२।।

169-172. Vyāghrī Harītakī Avaleha:

Ingredients: Plant *kañṭakārī* along with its roots, flowers and leaves, water, 100 pieces of ripe and large size *harītakī* fruits, old jaggery, powder of *ṭrikaṭu* herbs, honey and powder of *cāturjāta* herbs.

Process of Drug-Making: Take 5 kg. measure of plant *kañṭakārī* along with its roots, flowers and leaves. Keep the plant inside an earthen pot and fill the pot with water measuring 12 litre. Obtain 100 pieces of ripe and large size *harītakī* fruits and pack them in a piece of cloth. Place one small stick over the head of the earthen pitcher and hang the pack on it so that the pack is submerged into the

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water. Place the pot over fire and boil the water till it is reduced to one fourth of the original quantity. Remove out the pack of *harītakī* fruits and strain the decoction (water boiled with the plant of *kañṭakārī*). Add 5 kg. measure of old jaggery to it and cook the preparation again. After cooking the preparation for a fair legnth of time, add the *harītakī* fruits to it and allow the preparation to get cooked thoroughly. Subsequently, remove the preparation from fire and let it cool down to the atmospheric level. Thereafter, treat the recipe with the powder of *ṭrikaṭu* herbs measuring 35 gm., honey measuring 280 gm. and powder of *cāturjāta* herbs measuring 12 gm. each. Stir the recipe thoroughly and store it in a glassware.

Method of use/Administration: This medicine is to be taken in doses of 1 *harītakī*. The *anupāna* prescribed is cold water or lukewarm milk.

Therapeutic benefits: This medicinal confection (*avaleha*) is a great drug for curing all kinds of tuberculosis caused due to disorder in *vāta*, *pitta* and *kapha doṣas*, disorder in combination of *doṣas* and the like. This is also a great *rasāyaṇa*. This medicine has been suggested by the great Sage Bhṛigu.

(Cakradatt)

अगस्त्यहरीतकी–

दशमूलीं स्वयंगुप्तां शङ्खपुष्पीं शटीं बलाम् । हस्तिपिप्पल्यपामार्गपिप्पलीमूलचित्रकान् ।।१७३।।
भार्गीं पुष्करमूलञ्च द्विपलांशं यवाढकम् । हरीतकीशतं चैव जले पञ्चाढके पचेत् ।।१७४।।
यवैः स्विन्नैःकषायंतंपूतं तच्चाभयाशतम् । पचेद् गुडतुलां दत्त्वा कुडवञ्च पृथग् घृतात् ।।१७५।।
तैलात्सपिप्पलीचूर्णात्सिद्धेशीतेचमाक्षिकात् । लिह्यादेकांशिवांनित्यमतःखादेद्रसायनात् ।।१७६।।
तद्वलीपलितं हन्याद्वर्णायुर्बलवर्धनम् । पञ्चकासान् क्षयं श्वासं हिक्काञ्च विषमज्वरान् ।।१७७।।
हन्यात्तथा ग्रहण्यर्शोहृद्रोगारुचिपीनसान् । अगस्त्यविहितं धन्यमिदं श्रेष्ठं रसायनम् ।।१७८।।
गुञ्जादिमानमारभ्य यावत् स्यात् कुडवस्थितिः । द्रवार्द्रशुष्कद्रव्याणां तावन्मानं समं मतम् ।
कुडवेऽपि क्वचिद् द्वित्वं यथा दन्तीघृते स्मृतम् । सर्पिःखण्डजलक्षौद्रतैलक्षीरासवादिषु ।
अष्टौ पलानि कुडवः ।।

173-178. Agastya Harītakī:

Ingredients: Root barks of the *daśamūla* group of herbs, *śālaparṇī*, *pṛiśniparṇī*, smaller and bigger variety of *kañṭakārī*, *gokṣura*, purified seeds of *kraunca*, *śankhapuṣpī*, *karcūra*, roots of *balā*, *gajapippalī*, roots of *apāmārga*, *pippalīmūla*, roots of *citraka*, *bhārgī*, *puṣkaramūla*, 100 pieces of big *harītakī* fruits, *ghṛitam*, sesame oil, old jaggery, powder of *pippalī* and honey.

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Process of Drug-Making: Get the root barks of the *daśamūla* group of herbs each in measurement of 100 gm., also take 100 gm. each of the following herbs: *śālaparṇī*, *pṛiśniparṇī*, smaller and bigger variety of *kañṭakārī*, *gokṣura*, purified seeds of *kraunca*, *śankhapuṣpī*, *karcūra*, roots of *balā*, *gajapippalī*, roots of *apāmārga*, *pippalīmūla*, roots of *citraka*, *bhārgī* and *puṣkaramūla*. Prepare a pack containing *yava* measuring 3 kg. and another pack containg 100 pieces of big *harītakī* rhizomes. Put all these ingredients and the packs into water (15 litres) contained in a large earthen pitcher and cook them till the original quantity of water is reduced to a quarter. Remove out all the *harītakī* fruits and pierce each of the rhizomes through a pointed piece of bamboo or through a needle. Then cook 190 gm. measure of *ghṛitam* and 190 gm. measure of sesame oil. Fry the pierced *harītakī* fruits in this oil and *ghṛitam*. Continue the frying until the water content of the fruits is removed and there is a nice smell coming out of the preparation. Then remove out the preparation from the stove and take out the *harītakī* fruits to a separate pot. Add to the pot 5 kg. of old jaggery. Prepare syrup out of that. Then add to it 190 gm. measure of the powder of *pippalī* and stir the preparation thoroughly. Remove out the preparation from stove and allow it to get cool. Finally add to it 190 gm. measure of honey and store the recipe in a glassware.

Method of use/Administration: One should take two pieces of *harītakī* everyday.

Therapeutic benefits: This medicine named *Agastya Harītakī* is a great *rasāyaṇa*. It removes the *palita* disease and five types of *kāsa*, tuberculosis, breathing troubles, hiccups, *viṣam jvara*, *sangrahaṇī*, piles, heartaches, anorexia and sinus. This is a great *rasāyaṇa* as well it promotes the complexion and strength of the body. The medicine has been prescribed by the seer Agastya.

(Cakradatt)

वासावलेहः–

वासकस्वरसप्रस्थे माणिका सितशर्करा । पिप्पलीद्विपलं दत्त्वा सर्पिषश्च पचेच्छनैः ।।१७९।।
लेहीभूते ततः पश्चाच्छीते क्षौद्रपलाष्टकम् । दत्त्वाऽवतारयेद्वैद्यो मात्रया लेहमुत्तमम् ।।१८०।।
निहन्ति राजयक्ष्माणं कासंश्वासंसुदारुणम् । पार्श्वशूलञ्च हृच्छूलं रक्तपित्तं ज्वरं तथा ।।१८१।।

179-181.Vāsa Avaleha:

Ingredients: Juice of fresh leaves of plant *aḍuṣā*, raw sugar, *ghṛitam*, *pippalī* powder and honey.

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Process of Drug-Making: Get 750 ml. juice of fresh leaves of plant *aḍuṣā* and add to it 375 gm. measure of raw sugar and *ghṛitam* measuring 93 gm. Cook the preparation till it gets thick. Add to it 93 gm. measure of *pippalī* powder and remove the preparation from the stove. When it gets cold add 375 gm. of honey to the preparation and store it in a glass container.

Method of use/Administration: This medicine is to be taken in doses of 10 gm. The *anupāna* prescribed is lukewarm milk or cold water.

Therapeutic benefits: This medicine is capable to cure one from such diseases as tuberculosis, *kāsa* (coughs), breathing troubles, heartaches, pain in ribs, *rakta pitta* and fever.

कण्टकार्यवलेहः (भा. प्र.)–

कण्टकारीतुलां नीरद्रोणेएक्त्वा कषायकम् । पादशेषं गृहीत्वा च तत्र चूर्णानि दापयेत् ।।१८२।।
पृथक् पलांशान्येतानि गुडूची चव्यचित्रकौ । मुस्तं कर्कटशृङ्गी च त्र्यूषणं धन्वयासकः ।।१८३।।
भार्गी रास्ना शटी चैव शर्करापलविंशतिः । प्रत्येकं च पलात्यष्टौ प्रदद्यात् घृततैलयोः ।।१८४।।
पक्त्वा लेहत्वमानीयशीतेमधु पलाष्टकम् । चतुर्भागं तुगाक्षीर्याः पिप्पल्याश्च चतुष्पलम् ।।१८५।।
क्षिप्त्वा निदध्यात्सुदृढेमृन्मयेभाजनेशुभे । लेहोऽयं हन्ति हिक्काऽर्त्तिकासश्वासानशेषतः ।।१८६।।

182-186. Kanṭakārya Avaleha:

Ingredients: Five sections of the herb *kañṭakārī* (leaves, roots, flower, fruit and stem), water, *guḍūcī*, *cavya*, *citraka*, *mustā*, *śṛīngī*, dried ginger, black pepper, pepper, *yavāsā*, *bhārgī*, *rāsnā*, *śaṭī*, raw sugar, *ghṛitam*, oil, honey, powders of *vanśalocana* and pepper.

Process of Drug-Making: Arrange 5 kg. of the five sections of the herb *kañṭakārī* (that are its leaves, roots, flower, fruit and stem) and boil them in 12 litre measure of water. When the original amount is reduced to one fourth strain the preparation and add to it 46 gm. each of the powders of the *guḍūcī*, *cavya*, *citraka*, *mustā*, *śṛīngī*, dried ginger, black pepper, pepper, *yavāsā*, *bhārgī*, *rāsnā* and *śaṭī*. Now take 1 kg. of raw sugar, 375 gm. each of *ghṛitam* and oil and cook the preparation so as it gets saturated. Allow the preparation to cool down to the atmospheric temprature. Finally, mix into the confection 375 gm. of honey and 190 gm. each of the powders of *vanśalocana* and pepper.

Method of use/ Administration and Therapeutic benefits: Licking 6-12 gm. of this *Kanṭakāryavaleha* cures all kinds of *kāsa* and bronchitis.

(*Bhāvaprakāśa*)

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कण्टकारीघृतम्–

घृतं रास्नाबलाव्योषश्वदंष्ट्राकल्कपाचितम् । कण्टकारीरसे पानात् पञ्चकासनिसूदनम् ।।१८७।।

187. Kañṭakārī Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *kalka* of *rāsnā*, *balā*, *vyoṣa*, *śvadamṣṭra* and the decoction of *kañṭakārī*.

Process of Drug-Making: This is a *ghṛitam* based formula. Take *mūrcchita ghṛitam* (1 litre), *kalka* of *rāsnā*, *balā*, *vyoṣa*, *śvadamṣṭra* (40 gm. each) and the decoction of *kañṭakārī* (4 litres).

Therapeutic benefits: It cures five types of *kāsa*.

(Cakradatt)

दशमूलषट्पलकं घृतम् (च. द.)–

दशमूलीचतुःप्रस्थेरसेप्रस्थोन्मितं हविः । सक्षारैः पञ्चकोलैस्तु कल्कितं साधु साधितम् ।।१८८।।
कासहृत्पार्श्वशूलघ्नंहिक्काश्वासनिवारणम् । कल्कंषट्पलमेवात्र ग्राहयन्ति भिषग्वराः ।।१८९।।

188-189. Daśamūla Ṣaṭpala Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, decoction of *daśamūla* herbs and the *kalka* of *pañcakola* and *yavakṣāra*.

Process of Drug-Making: Take 750 gm. of *mūrcchita ghṛitam* and properly cook it along with 3 litre of the decoction of *daśamūla* herbs and the *kalka* of *pañcakola* (46 gm. each). According to the expert physicians, the *kalka* of *pañcakola* herbs in 280 gm. quantity (each herbs taken in 46 gm. measure) and 46 gm. of *yavakṣāra* should be added to this recipe.

Therapeutic benefits: The medicated *ghṛitam* thus obtained cures *kāsa*, colic pain, hiccup and asthma.

(Cakradatt)

छागलाद्यं घृतम् (अ.)–

आजमांसं तुलामानं वासकस्य पलं शतम् । अश्वगन्धापलशतं कटाहे समधिक्षिपेत् ।।१९०।।
जलद्रोणे पृथक् पक्त्वा चतुर्भागावशेषितैः । कषायैर्विपचेद् गव्यं प्रस्थद्वयमितं घृतम् ।।१९१।।
छागक्षीरं घृतसमं दद्यात्कल्कानियानिच । वक्ष्याम्यतः परं तानि सर्वाणि शृणु यत्नतः ।।१९२।।
अष्टवर्गं पञ्चमूली चातुर्जातं शतावरी । त्रिकटु त्रिफला यष्टिविदारी शाल्मली वचा ।।१९३।।
शङ्खपुष्पी सुधामूली मुषली चविका तथा । कपिकच्छुकबीजं च दीप्या खदिरजीरकौ ।।१९४।।
सूक्ष्मैलामेथिकाभार्गीप्रत्येकंशुक्तिमानतः । संगृह्य साधयेत् सर्पिः शनैर्मृद्वग्निना भिषक् ।।१९५।।
राजयक्ष्मणि दुःसाध्ये सर्वकासगदेषु च । स्वरभेदे क्षये श्वासे ध्वजभङ्गे ज्वरे तथा ।।१९६।।

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प्रमेहे मूत्रकृच्छ्रे च रक्तपित्ते त्वरोचके । छागलाद्यं घृतं शस्तं सर्वरोगविनाशनम् ।।१९७।।

190-197. Cāgalādyam Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, mutton, water, bark of plant *aḍuṣā*, bark of plant *aśvagandhā*, goat's milk, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *jīvaka*, *ṛiṣabhaka*, *kākolī*, *kṣīrakākolī*, *śālaparṇī*, *priśniparṇī*, both varieties of bigger and smaller *vyāghrī*, *gokṣura*, cinnamon bark, bigger cardamom, cassia leaves, *nāgakeśara*, *śatāvarī*, dried ginger, *pippalī*, *marica*, *haraḍa*, *vibhītakī*, *āmalakī*, *yaṣṭi*, *vidārīkanda*, *śālmalī* (silk cotton plant), *vacā*, *śankhapuṣpī*, *sudhā mūli*, *muṣalī*, *cavya*, *kapikakcu* (seeds), caraway seeds, wood of *khadira* tree, cumin seeds, smaller cardamom, fenugreek and *bhārgī*.

Process of Drug-Making: Get 1.50 litre of *mūrcchita* cow *ghṛitam*. Obtain mutton measuring 5 kg. and decoct it along with water measuring 12 litres till the quantity is reduced to one fourth. Take 5 kg. measure of the bark of plant *aḍuṣā* and decoct it along with water measuring 12 litre till the quantity is reduced to one fourth. Also take 5 kg. measure of the bark of plant *aśvagandhā* and decoct it along with water measuring 12 litre till the quantity is reduced to one fourth. Also take the goat's milk measuring 1.50 litre. Subsequently, prepare *kalka*s of each of the following measuring 23 gm.: *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *jīvaka*, *ṛiṣabhaka*, *kākolī*, *kṣīrakākolī*, *śālaparṇī*, *priśniparṇī*, both varieties of bigger and smaller *vyāghrī*, *gokṣura*, cinnamon bark, bigger cardamom, cassia leaves, *nāgakeśara*, *śatāvarī*, dried ginger, *pippalī*, *marica*, *haraḍa*, *vibhītakī*, *āmalakī*, *yaṣṭi*, *vidārīkanda*, *śālmalī* (silk cotton plant), *vacā*, *śankhapuṣpī*, *sudhā mūli*, *muṣalī*, *cavya*, *kapikakcu* (seeds), caraway seeds, wood of *khadira* tree, cumin seeds, smaller cardamom, fenugreek and *bhārgī*. Now combine all the above decoctions and the *kalka* and cook the preparation on a slow heat.

Therapeutic benefits: This medicated *ghṛitam* is very effective in treating the cases of tuberculosis, all kinds of *kāsa*, hoarseness of voice, consumption, breathing troubles, fever, *prameha* (i.e. urinary disorders including diabetes), anorexia, *rakta pitta*, *mūtrakṛicchra* and *dhvajabhanga*.

चन्दनाद्यं तैलम्–

चन्दनागुरुतालीशमञ्जिष्ठानखपद्मकम् । मुस्तकं च शटी लाक्षा हरिद्रा रक्तचन्दनम् ।।१९८।।
एषां प्रतिपलैश्चूर्णैस्तैलार्द्धपात्रकं पचेत् । भार्गीवासाकण्टकारीवाट्यालकगुडूचिकाः ।।१९९।।
एषां शतपले क्वाथे समभागे जडीकृते । पक्त्वा तैलं प्रदातव्यं राजयक्ष्मविनाशनम् ।।२००।।
कासघ्नं गरदोषघ्नं बलवर्णाग्निवर्द्धनम् । पापालक्ष्मीप्रशमनं ग्रहदोषविनाशनम् ।।२०१।।

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आदौ कल्कं प्रदद्यात्तु गन्धद्रव्यं ततः परम् । तैलमुत्तार्य दातव्यं शिह्लकं कुङ्कुमं नखम् ।।२०२।।
गन्धचन्दनकर्पूरमेलाबीजं लवङ्गकम् ।।२०३।।

198-203. Candanādyam Tailam:

Ingredients: White sandalwood, *aguru*, *tāliśapatra*, *manjiṣṭhā*, *padmaka*, *mustā*, *karcūra*, *lākṣā*, *haridrā*, red sandalwood, water, *mūrcchita* sesame oil, *bhārgī*, *pañcānga* of the plant *aḍuṣā*, *pañcānga* of plant *kañṭakārī*, *pañcānga* of plant *balā*, *guḍūcī*, fine powder of the scented herbs like *śilārasa*, *kumkuma*, *nakha*, white sandalwood, camphor, smaller cardamom and clove.

Process of Drug-Making: Obtain 48 gm. measure powder each of the following: white sandalwood, *aguru*, *tāliśapatra*, *manjiṣṭhā*, *nakha*, *padmaka*, *mustā*, *karcūra*, *lākṣā*, *haridrā* and red sandalwood. Prepare *kalka* out of their mix based in water. Take one *āḍhaka* measure (approx. 3 litre) of *mūrcchita* sesame oil.

Also take 960 gm. measure each of the following herbs: *bhārgī*, *pañcānga* of the plant *aḍuṣā*, *pañcānga* of plant *kañṭakārī*, *pañcānga* of plant *balā* and *guḍūcī*. Place these ingredients into a large pitcher containing 25 litres measure of water and decoct it till the quantity is reduced to 6.25 litres measure. Add to the above decoction the sesame oil and other ingredients and cook them on a slow heat. Strain the liquid and add to it fine powder of the scented herbs like *śilārasa*, *kumkuma*, *nakha*, white sandalwood, camphor, smaller cardamom and clove. Fill in the medicated oil in glass bottle.

Method of use/Administration: The whole body should be massaged with this oil everyday.

Therapeutic benefits: This oil is capable to treat one from the diseases of tuberculosis, *kāsa* and effects of poisons. It promotes the strength and beauty of the body and develops digestive power. It also cures diseases like *kuṣṭha* (skin diseases including leprosy). It also cures one from the indispositions caused due to effects of malicious constellations.

वासाचन्दनाद्यतैलम्–

चन्दनं रेणुका पूतिर्हयगन्धा प्रसारणी । त्रिसुगन्धि कणामूलं नागकेशरमेव च ।।२०४।।
मेदे द्वे च त्रिकटुकं रास्ना मधुकशैलजम् । शटी कुष्ठं देवदारु वनिता च बिभीतकम् ।।२०५।।
एतेषां पलिकैर्भागैः पचेत्तैलाढकं भिषक् । वासायाश्च पलशतं जलद्रोणे विपाचयेत् ।।२०६।।
लाक्षारसाढकञ्चैव तथैव दधिमस्तुकम् । चन्दनञ्चामृता भार्गी दशमूलं निदिग्धिका ।।२०७।।
एतेषां विंशतिपलं जलद्रोणे विपाचयेत् । पादशेषे स्थिते क्वाथे तैलं तेनैव साधयेत् ।।२०८।।

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कालाञ् ज्वरान्रक्तपित्तंपाण्डुरोगंहलीमकम् । कामलाञ्च क्षतक्षीणं राजयक्ष्माणमेव च ।।२०९।।
श्वासान्पञ्चविधान्हन्तिंबलवर्णाग्निंपुष्टिकृत् । तैलंवासाचन्दनादिकृष्णात्रेयेण भाषितम् ।।२१०।।

204-210. Vāsa Candanādya Tailam:

Ingredients: White sandalwood, *reṇukā*, *khaṭṭaśī*, *aśvagandhā*, *gandha prasāriṇī*, cinnamon, smaller cardamom, cassia leaves, *pippalīmūla*, *nāga keśara*, *medā*, *mahāmedā*, dried ginger, *marica*, *pippalī*, *rāsnā*, *madhuka*, *śailaja*, *karcūra*, sweet *kuṣṭha*, *devadāru*, *priyangu*, bark of *vibhītaka* fruit, *mūrcchita* sesame oil, *pañcānga* of *aḍuṣā*, juice or decoction of *lākṣā*, water of yogurt, red sandalwood, *guḍūcī*, *bhārgī*, group of *daśamūla* herbs and *pañcānga* of lesser variety of plant *kañṭakārī*.

Process of Drug-Making: Take 46 gm. each of the following materials: white sandalwood, *reṇukā*, *khaṭṭaśī*, *aśvagandhā*, *gandha prasāriṇī*, cinnamon, smaller cardamom, cassia leaves, *pippalīmūla*, *nāga keśara*, *medā*, *mahāmedā*, dried ginger, *marica*, *pippalī*, *rāsnā*, raisin, *śailaja*, *karcūra*, sweet *kuṣṭha*, *devadāru*, *priyangu* and bark of *vibhītaka* fruit. Form *kalka* of these ingredients. Decoct *mūrcchita* sesame oil (3 litres), *pañcānga* of *aḍuṣā* (5 kg.) in 12 litre of water. Keep decocting until the total quantity is reduced to one fourth. Filter this decoction. Following this, obtain juice or decoction of *lākṣā* (3 litres), water of yogurt (3 litres) and 1 kg. each of the red sandalwood, *guḍūcī*, *bhārgī*, group of *daśamūla* herbs and *pañcānga* of lesser variety of plant *kañṭakārī*. Collect all these ingredients and decoct them in 12 litre measure of water. Keep decocting until the original quantity is reduced to one fourth. Now combine all these ingredients together and cook the preparation properly. Finally strain the liquid out into glass bottles.

Method of use/Administration: This medicinal oil should be massaged over the body everyday.

Therapeutic benefits: This oil is capable of removing five types of *kāsa* (coughs), eight types of fever and indispositions including *rakta pitta*, jaundice, anemia, *urahkṣata*, tuberculosis, loss of sperm and five types of bronchitis. It promotes the strength and beauty of the body and develops digestive power. This medicine has been prescribed by the great theorist Kṛiṣṇa Ātreya.

(*Sidhiyoga*)

वासकारिष्टः–

वासकस्वरसं तद्वद् मृतसंजीवनीं सुराम् । संमिश्र्य समभागेन सन्मुहूर्त्ते भिषग्वरः ।।२११।।

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मृत्पात्रे काचपात्रेवातत्संस्थाप्यचतन्मुखम् । दृढं संरुद्ध्य यत्नेन स्थापयेत् सप्तवासरम् ।।२१२।।
वस्त्रपूतं ततः कृत्वा प्रत्यहं माषमात्रकम् । वासकारिष्टमेतं तु पाययेद्रोगिणं ततः ।।२१३।।
सत्पथ्यभोजिनस्तस्य देवद्विजनिषेविणः । रक्तपित्तश्वासकासगलरोगादयो गदाः ।।२१४।।
उरःक्षतश्चविविधारोगाअन्येऽपि दारुणाः । विलयं सत्वरं यान्ति नात्र कार्या विचारणा ।।२१५।।

211-215. Vāskāriṣṭa:

Ingredients: Decoction of the *pañcānga* of plant *aḍuṣā* or juice of its leaves and *Mṛitasanjīvanī Surā.*

Process of Drug-Making: Get the decoction of the *pañcānga* of plant *aḍuṣā* or juice of its leaves as well as the drug *Mṛitasanjīvanī Surā* in equal measures (i.e. 1 liter each). Keep both the liquids together into a *ghṛita* coated earthen pitcher on some auspicious day marked by a pious constellation. Tightly close the mouth of the pitcher and place it in some lonely place for one week. Subsequently, store the preparation into glass bottle and close it properly.

Method of use/Administration: One should take this medicine in doses of 1 gm. each along with water. During the course of this medicine the patient should express special honour to the Gods and the priests. He should take only meals that are compatible to his health situation.

Therapeutic benefits: Regular intake of this medicine relieves one from diseases like *rakta pitta*, bronchitis, *kāsa* (coughs), throat diseases, *urahakṣata* and the like.

कासरोगे पथ्यानि (प. प.)–

स्वेदोविरेचनंछर्दिर्धूमपानं समाशिता । शालि-षष्टिक-गोधूम-श्यामाक-यव-कोद्रवाः ।।२१६।।
आत्मगुप्तामाषमुद्गकुलत्थानां रसाः पृथक् । ग्राम्यौदकानूपधन्वमांसानि विविधानि च ।।२१७।।
सुरापुरातनं सर्पिश्छागं चापि पयो घृतम् । वास्तूकं वायसीशाकं वार्त्ताकुं बलामूलकम् ।।२१८।।
कण्टकारीकासमर्दोजीवन्तीसुनिषण्णकम् । द्राक्षाबिम्बी मातुलुङ्गं पौष्करं वासकस्त्रुटिः ।।२१९।।
गोमूत्रं लशुनं पथ्या व्योषमुष्णोदकं मधु । लाजा दिवसनिद्रा च लघून्यन्नानि यानि च ।
पथ्यमेतद् यथादोषमुक्तं कासगदातुरे ।।२२०।।

216-220. The following are helpful measures for the patient of *kāsa* (coughs): sweat (*svedana*) therapy, *virecana* (purgation) therapy, vomiting, smoke therapy, taking meals on right time and in limited quantity. He should also take the following items in his meals: separate juices of *śalidhānya* rice, *ṣaṣṭhi* rice, wheat, *śyāmāka*, *yava*, *kodarva*, seeds of *ātmaguptā*, *urada*, *mudga* and *kulattha*. Flesh of goat, domestic animals, water animals, buffalo from marshy regions and animals living in deserts. Liquor, old *ghṛitam*, goat's milk and *ghṛitam*, *vāstuka*, leaves of

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of *makoṭha*, brinjal, young radish, *vyāghrī*, *kāsaundi*, *jīvantī* (leaves of *todi*), leaves of *śiṛiāṛi*, *Dākha*, *kanḍuṛi*, *jambīra* lemon, *kamalakanda*, *aḍuṣā*, smaller cardamom, cow urine, garlic, *haraḍa*, *tṛikaṭu* (dried ginger, *pīppala*, *marica*), lukewarm water, honey, poppy of paddy, sleeping during day time and easily digestible eatables.

कासरोगेपऽथ्यानि (प. प.)–

वस्तिं नस्यमसृङ्मोक्षं व्यायामं दन्तघर्षणम् । आतपं दुष्टपवनं रजोमार्गनिषेवणम् ।।२२१।।
विष्टम्भीनि विदाहीनि रूक्षाणि विविधानि च । शकृन्मूत्रोद्गारकासवमिवेगविधारणम् ।।२२२।।
मस्त्यं कन्दं सर्षपं च तुम्बीफलमुपोदिकाम् । दुष्टाम्बु चान्नपानं च विरुद्धान्यशनानि च ।।२२३।।
गुरु शीतं चान्नपानं कासरोगी परित्यजेत् ।।२२४।।

221-224. The following measures are harmful to the patient suffering from *kāsa* (coughs): *basti* therapy, nasal therapy, blood letting through leech or needle, exercising or wrestling, brushing teeth with twigs or powders, sun bathing, breathing bad odour, doing acts where dust gets into mouth and nose, excessive walking and walking in sand, various types of constipative eatables, taking *vidāhī* and *rūkṣa* types of measlsrice, holding the flow of vomit, *kāsa* (coughs), belch and esxcretion, taking fish, *kanda*, potato, leaves of mustard plant, *tumbīphalā*, *upodikā*, consuming old rice and water, excessive eating, eating heavy and cold rice and drinking water.

इति भैषज्यरत्नावल्यां कासचिकित्साप्रकरणम् ।।१५।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां कासचिकित्साप्रकरणम् ।।१५।।

End of the Chapter 15 of Bhaiṣajya Ratnāvalī with Commentary

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